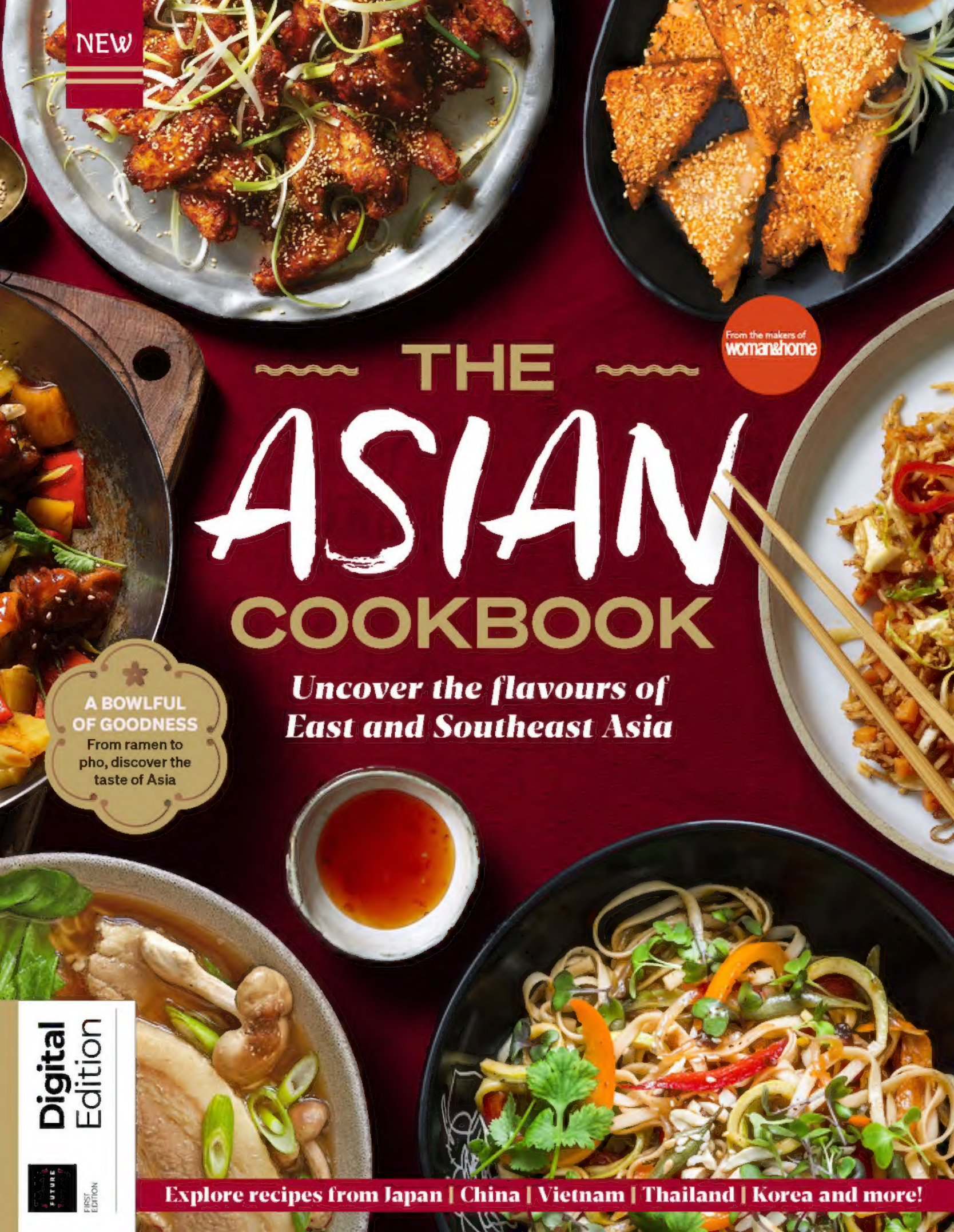
NEW
From the makers of woman&home
THE
ASIAN
COOKBOOK
Uncover the flavours of East and Southeast Asia
A BOWLFUL OF GOODNESS
From ramen to pho, discover the taste of Asia
Digital Edition
FUTURE
FIRST EDITION
Explore recipes from Japan | China | Vietnam | Thailand | Korea and more!

Welcome

Are you ready for a culinary adventure? Explore the different flavours, textures, aromas and traditions of East and Southeast Asia, from Japanese sushi, Korean kimchi and Chinese duck pancakes in the East, to Thai green curry, Vietnamese pho and Indonesian nasi goreng in the Southeast. You'll discover sweet, sour, salty, spicy and everything in between, with over 100 recipes for inspiration, as well as tips and ideas. With recipes inspired by local favourites, sometimes with a Western influence, you can forget your local takeaway. Save money and calories instead by making more authentic, delicious meals in the comfort of your own home and transport yourself to these incredible far away places.

Getty Images

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Flavours of ASIA

From slurpable noodles to aromatic curries, explore the history and traditions that are behind some of the world's most fragrant foods

As the largest populated continent on the planet, Asia is home to innumerable cuisines, each differing from the next in their recipes. In East and Southeast Asian cuisines, you can expect the minimalist, dainty meals of Japan alongside the delectable fiery spices of China's Sichuan province, and yet they all share one common characteristic: fresh ingredients in perfect equilibrium.

For many of these countries, food is an intrinsic part of the family home, and is seen as a communal meal, to be shared with loved ones and as many generations as can gather under one roof. Each plate is nutritious; not overindulging on any singular element, but creating a heavenly harmony.

Many of the most popular dishes in Asia share similar ingredients, thanks to the numerous waves of Chinese immigrants leaving their original country to settle in other lands over the course of several millennia. One of the most common, rice, is so important that it's synonymous with the word for 'meal' in a number of languages including Chinese, Japanese and Thai.

Noodles, on the other hand, can be seen in various forms depending on the country. They are stir-fried in the dense food markets of Singapore, Thailand and China in roaring red-hot woks, or ladled carefully into big warming bowls of rich broth in Japan and Vietnam. Japan's ramen is, in fact, so key to modern Japanese cuisine, that its quick-cooking counterpart – instant ramen – was voted Japan's most important invention in the 20th century (over CDs, lithium batteries, DSLR cameras, laptops and more!).

> **"ASIAN CUISINE TRULY HAS SOMETHING FOR EVERYONE"**

Many communities in Asia use chopsticks to pick up food at the table, and this ranges from the delicate morsels found in traditional Japanese cuisine, the Korean small plates that complement the main course, or the spread of a family's Chinese dim sum feast.

Flavourful food tours

East and Southeast Asia are perfect for travelling tastebuds!

While each country in Asia has its own national dish, you'll still discover a smorgasbord of varieties within each region. Take pho, for example, which includes fresh coriander, diced spring onion, garlic, chilli sauce and quay (or Chinese fried breadsticks) when eaten in north Vietnam. Order it in the south, however, and the accompaniments are more likely to be lime, beansprouts, sriracha or hoi sin sauce and Thai basil.

Speaking of Thailand, if you're ordering rice in the north, you can expect a sticky glutinous rice to pair with a kaeng par ('jungle curry'). Head to the south though, and you'll enjoy a bowl of fragrant jasmine rice instead.

The third largest country in the world by area, and with 56 ethnic groups, China's regional varieties range from the tongue-numbing peppercorns, red chillies and pungent aromas of Sichuan, to the salty, tender marinated meats of Shandong. Called the 'eight great traditions of China', each cuisine has characteristics based on geography, climate, resources and history.

Similarly, in Japan, you'll find seafood and hearty meals in the north due to the cold climate and lighter flavours, as well as a rich street food culture in the south.

With so many different styles of cooking and recipes inside every region, no matter where you travel to, Asian cuisine is pure heaven for the foodies out there with a hint of wanderlust in them. Be sure to experience as much as you can in the time you have.

" DID YOU KNOW THAT THE WORD 'KETCHUP' ORIGINATES FROM A CHINESE HOKKIEN WORD 'KE-CHIAP'? IT MEANT THE BRINE OF PICKLED FISH, WHICH IS ONE OF THE EARLIEST FORMS OF THE SAUCE AS WE KNOW IT TODAY "

East Asian dishes such as these tend to focus on the tantalising umami (or savouriness) of fermented foods like soy sauce, miso and kimchi to enhance the delicate flavours of the meat and fish that is in abundance in their regions. Its location on the edge of the Pacific Ocean, for example, places Japan in a unique position to take advantage of the bounties of fresh seafood hauled straight out of the seas surrounding the island.

Southeast Asian plates, however, tend to have more of a kick. Seasonings including chillies, lemongrass, lime, fish sauce and coriander are used to create a tangy dish with a spicy, citrus edge. Coconut milk is also more readily available here, which is a core ingredient of Thai curries, sticky rice and some desserts in this tropical region.

No matter the flavour, Asian cuisine truly has something for everyone. Read on to savour every last spoon of the rich curries of Thailand, the sweet creaminess of Indonesia's satay and peanut sauce, or the stunning rainbow bibimbap of South Korea.

p12
Vegetable
chow mein

CHINESE

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33 Kung Pao chicken

Chinese chicken

Inspired by Sichuan flavours, the spicy chilli works well with the floral peppercorns and sweet rice wine

SERVES 6
READY IN 1 hr 10 mins

- **4tbsp** sunflower oil
- **12** medium bone-in chicken thighs, skinned
- **1** large mild red chilli, sliced
- **1tbsp** Sichuan peppercorns, crushed
- **150ml** (5fl oz) Chinese rice wine or dry sherry
- **6tbsp** oyster sauce
- **500g** (1lb) mixed oyster and shiitake mushrooms, sliced
- **225g** (8oz) tin water chestnuts, drained
- **2** bunches of spring onions, cut into 5cm (2in) lengths
- **2tsp** thickening granules
- **2 × 250g** (9oz) packs ready-to-serve egg noodles
- **40g** (1½oz) cashew nuts, toasted and roughly chopped

1 Heat the oil in a very large wok, add the chicken, season generously and brown for 10 mins, turning as needed.
2 Add the chilli and peppercorns, fry for 1 min. Pour in the rice wine, oyster sauce and 100ml (3½fl oz) water. Bring to the boil, cover with a lid, reduce heat and simmer for 30 mins.
3 Add the mushrooms, chestnuts, most of the spring onions and the thickening granules. Cook uncovered for 15 mins.
4 Tip in the noodles and stir-fry for 5 mins to warm through. Serve with nuts and the remaining spring onions.

“AN ESSENTIAL INGREDIENT IN SICHUAN CUISINE, SICHUAN PEPPERCORNS PACK A PUNCH”

Simple stir-fried tofu noodles

So quick to prepare – less time in the kitchen, more time with your friends!

SERVES 4
READY IN 15 mins

- **2 x 200g** (7oz) packs tofu
- **1tsp** Chinese five spice
- **2tbsp** vegetable oil
- **250g** (9oz) pack Chinese mushrooms (or use chestnut mushrooms), sliced
- **150g** (5oz) pack mangetout
- **2** yellow peppers, cut into thin strips
- **3tbsp** soy sauce, plus extra to serve
- **6tbsp** teriyaki sauce
- **2 x 150g** (5oz) packs straight-to-wok rice noodles
- **1** bunch of spring onions, sliced
- **2tsp** sesame seeds

1. Cut the tofu into strips and mix with the five-spice. Fry in the oil until crispy, then drain on kitchen paper.
2. Stir-fry the Chinese mushrooms, mangetout and peppers, then add the soy sauce and teriyaki sauce.
3. Add the rice noodles and heat through, adding a splash of water to make it more saucy. Serve the noodles with the tofu and sprinkle over the sliced spring onions and sesame seeds. Serve with extra soy sauce, if liked.

Vegetable chow mein

Crispy noodles and stir-fried veg that'll taste even better than takeout

SERVES 4-5
READY IN 10 mins

- **2tbsp** groundnut or vegetable oil
- **125g** (4½oz) packet oyster mushrooms, sliced
- **1** red pepper, deseeded and sliced
- **125g** (4½oz) packet Tenderstem broccoli, cut into pieces
- **1** carrot, peeled and sliced
- **1tbsp** soy sauce
- **1tbsp** rice vinegar
- **1-2tbsp** oyster sauce
- **300g** (10½oz) ready-to-use medium egg noodles
- **1** lime, to serve

1 Heat the oil in a wok or large frying pan. Add the veg and cook for 2-3 mins. Pour in the soy sauce, vinegar and oyster sauce. Add the noodles to the pan and heat through.
2 Serve immediately with some lime squeezed over the top.

Sichuan pepper and salt squid with plum dipping sauce

Sichuan pepper is actually made from dried berries and is widely available

SERVES 4 as a starter
READY IN 20 mins

For the plum sauce:

- **1** shallot, finely chopped
- **1tbsp** groundnut oil
- **4cm** (1½in) piece ginger, peeled and finely grated
- **1** garlic clove, crushed
- **300g** (10½oz) fresh or frozen plums, stoned and chopped (or a 400g/14oz tin, drained and stoned)
- **1** star anise
- **2tbsp** soft brown sugar
- **1tbsp** rice wine vinegar
- **1tbsp** dark soy sauce

For the squid:

- **100g** (3½oz) cornflour
- **100g** (3½oz) plain flour
- **2tsp** sea salt, plus extra to sprinkle
- **2tbsp** Sichuan pepper, crushed
- **1tbsp** black peppercorns, crushed
- **1l** (1¾pt) sunflower or vegetable oil, for frying
- **450g** (1lb) squid, cleaned (ask your fishmonger to do this) and cut into 3cm (1¼in) tubes
- **2** spring onions, trimmed and finely sliced
- **1** red chilli, finely sliced

1 To make the sauce, gently fry the shallot in the groundnut oil until soft. Add the ginger and garlic, cook for 1 min, then stir in the plums, star anise and brown sugar, and simmer for 5 mins. Stir in the rice wine vinegar and soy sauce. Then blitz together with a handheld blender.

2 Sift together the cornflour and plain flour into a large bowl. Sift through the salt and both types of pepper; set aside. Line a tray with kitchen paper and have more salt ready to sprinkle over the cooked squid.

3 Heat about 7cm (3in) of oil to 180°C (350°F) in a deep saucepan or wok. If you don't have a thermometer, a cube of bread should brown in 20 secs when the oil is hot enough.

4 Coat the squid well with the flour mixture and fry in batches for 2 mins or until crisp. Use a slotted spoon to lift out, then drain on kitchen paper and sprinkle with salt.

5 Serve scattered with spring onions and chilli, with the plum sauce on the side.

Sweet and sour chicken

This takeaway favourite is easier to make than you might think!

SERVES 4
READY IN 35 mins

- **2tbsp** soy sauce
- **2tsp** sesame oil
- **1tsp** sugar
- **500g** (1lb) skinless boneless chicken thigh, cut into strips
- Vegetable oil, for frying
- Self-raising flour, for dusting
- Rice, to serve

For the stir-fry:

- **3** spring onions, sliced
- **1** each red and yellow pepper, deseeded and cut into chunks
- **432g** (15oz) tinned pineapple slices in juice, drained and cut into chunks (reserve the juice)
- **1** garlic clove, crushed
- **5cm** (2in) ginger, peeled and grated
- Small bunch coriander, roughly chopped to garnish

For the sauce:

- **2tsp** tomato purée
- **6tbsp** rice vinegar
- **4tbsp** dark brown soft sugar
- **2tbsp** dark soy sauce
- **50ml** (2fl oz) tinned pineapple juice

1 In a large bowl combine the soy sauce, sesame oil and sugar, add the chicken and toss to combine.
2 Combine all the sauce ingredients and set aside.
3 Heat 3cm (1in) oil in a wok. Remove the chicken from the marinade and

dust with flour; toss everything together. When the oil is hot, fry in batches for 5 mins until cooked through. Remove using a slotted spoon onto kitchen paper, repeat with the remaining chicken.

4 In a clean frying pan or wok, heat a splash of oil over a medium high heat. Fry all of the stir-fry ingredients for 2 mins. Add half the sauce, bring to a vigorous boil and cook until slightly reduced. When the sauce begins to thicken, add the chicken and toss through the sauce along with the reserved sauce. Divide into bowls with the rice and garnish with coriander.

Sesame prawn toasts

A delicious crispy starter that's easy to make and half the cost of takeaway

MAKES 24
READY IN 25 mins

- **350g** (12oz) cooked, peeled prawns
- **4** spring onions, trimmed, plus extra to garnish
- **1 level tsp** freshly grated ginger
- **1** medium egg white
- **1 level tbsp** cornflour
- Salt and freshly ground black pepper
- **6** slices medium-sliced white bread
- **2-3 level tbsp** sesame seeds
- Vegetable oil, for frying
- Chilli dipping sauce, to serve

1 Purée the prawns, spring onions, ginger, egg white and cornflour in a food processor until the mixture forms a thick paste. Season to taste.

2 Cut the crusts off the bread, then spread the prawn purée over the slices. Sprinkle over sesame seeds and press them down well. Cut each slice of bread into 4 triangles.

3 Heat a 1cm (½in) depth of vegetable oil in a frying pan and fry the prawn-topped bread, sesame-side down first, for 2-3 mins on each side, until golden and crisp. Remove from the pan and drain briefly on kitchen paper before serving hot with the chilli dipping sauce. Garnish with a curled spring onion, if you like.

Crispy duck pancakes

Serve as a 'do-it-yourself' dish, where people roll their own pancakes and then they can add as much of the duck, sauce and vegetables as they like

MAKES 10
READY IN 30 mins

For the marinade:
- ★ **1tbsp** Chinese five-spice powder
- ★ **1tbsp** honey
- ★ **2** duck breasts

For the pancakes:
- ★ **100g** (3½oz) packet of 10 Chinese pancakes
- ★ **5-6tbsp** hoisin sauce
- ★ **¼ - ½** cucumber, cut into strips
- ★ **6-8** spring onions, cut into strips

1 Set the oven to 220°C/425°F/Gas 7.
2 Mix the five-spice powder into the honey and spread it on both sides of the duck breasts.
3 Heat a solid-based frying pan and add the duck breasts, skin-side down, and cook for 3-5 mins, pressing them down well until the skin starts to crisp up. Turn the breasts over and cook for another 2-3 mins. Transfer them to a baking tray and cook them in the oven for 15 mins.
4 Remove the duck from the oven and shred it, or cut into strips.
5 Heat the pancakes as directed on the packet.
6 Serve them with a bowl of hoisin sauce to spread on the pancakes, and a bowl filled with the duck and one with cucumber and spring onion, for everyone to make their own pancakes.

PEKING DUCK PANCAKES
ALSO KNOWN AS 'CHUN
BING' OR SPRING PANCAKES

Beef in black bean sauce

This fragrant dish is a quick and easy meal

SERVES 4
READY IN 35 mins

- **350g** (12oz) stir-fry beef
- **160g** (5½oz) sachet black bean stir-fry sauce
- **1tbsp** soy sauce
- **1 level tbsp** cornflour
- **2tbsp** groundnut oil
- **1** green and **1** yellow pepper, deseeded and sliced
- **1** red chilli, deseeded and sliced
- **2½cm** (1in) piece of ginger, peeled and cut into thin strips
- Coriander, for garnish

1 Mix the beef with the black bean and soy sauces and the cornflour. Leave it to marinate for 15-30 mins.
2 Cook the beef in the oil for 1-2 mins, then add the red pepper, chilli and ginger and cook for a further 2-3 mins, until the vegetables have just softened. Serve immediately, garnished with coriander.

Special egg fried rice

Traditionally Chinese roast pork would be used, but we've found that bacon is a good alternative

SERVES 4-6
READY IN 25 mins

- **2tbsp** vegetable oil
- **4** rashers smoked streaky bacon, finely chopped
- **350g** (12oz) cooked rice
- **4** spring onions, sliced
- **100g** (3½oz) mangetout or sugar snap peas, finely shredded
- **1 tbsp** sesame oil
- **2** large eggs, beaten

1 Heat the oil in a large wok. Add the bacon and cook until it starts to crisp. Add the rice and heat it through thoroughly, then add the spring onions and mangetout or sugar snap peas. Cook for 1-2 mins. Stir in the sesame oil.

2 Use a spatula to move the rice to the edges of the pan and pour the egg in the centre and gently fold it into the rice as it cooks, so there are some curds of egg in with the rice mixture. Serve immediately.

Salt and pepper butterfly prawns

Go for maximum marinating time for full-on flavour

SERVES 4
READY IN 15 mins, plus marinating

- **300g** (10½oz) raw king prawns, patted dry on kitchen paper
- **1tsp** szechuan peppercorns, crushed
- **1tsp** black peppercorns, crushed
- **1tbsp** sunflower oil
- Juice of ½ lime
- **½-1tsp** flaked sea salt, crushed

Run a sharp knife along the back of each prawn, only cutting halfway through, then lift out any black thread. Mix the prawns with the peppercorns and set aside for up to 4 hrs, covered, in the fridge. Remove from the fridge 30 mins before cooking.

Fry the prawns in the oil on a high heat, tossing for 2 mins until bright pink. Toss with the lime juice and salt to coat. Serve straight away.

Crispy soy pork ribs

You need to gently cook the ribs for longer than you think or otherwise they end up dry and chewy

SERVES 4
READY IN 1 hr 20 mins, plus marinating

- **5cm** (2in) piece ginger, grated
- **6** garlic cloves, finely chopped
- **125ml** (4½fl oz) soy sauce
- **175ml** (6fl oz) maple syrup
- **125ml** (4½fl oz) dry sherry
- **1tbsp** chilli sauce or sriracha sauce
- **1½kg** (3lb) pork ribs

1 Mix together the ginger, garlic, soy, maple syrup, sherry and chilli sauce in a large bowl. Add the ribs, coat them thoroughly, cover then marinate in the fridge for at least 2 hrs or overnight if possible.

2 Heat the oven to 180°C/350°F/Gas 4. Remove the ribs from the bowl, reserving the marinade, and put on a rack set over a roasting pan filled with 1cm (½in) water. Roast for 40-45 mins until caramelised. Remove the pork and set aside, covered with foil, while you make the glaze.

3 Put the marinade in a small pan over medium-high heat with any juices from the roasting pan. Bring to the boil, then allow to bubble for 10-15 mins until the mixture is sticky, watching carefully to ensure it doesn't burn. Strain the glaze, then brush over the ribs and return to the oven for 10-15 mins until browned. Serve with coriander and lime wedges, if liked.

Sticky soy pork belly with greens

Our Chinese-inspired pork belly guarantees tender meat, crispy crackling and a tasty spiced orange sauce for drizzling

SERVES 6-8
READY IN 3 hrs, plus overnight marinating

- ★ **1½kg** (3lb) piece boneless pork belly, skin scored at 1cm (½in) intervals
- ★ Vegetable oil
- ★ **4** star anise
- ★ **2** cinnamon sticks
- ★ **4-6** pak choi, white part quartered, green leafy part chopped
- ★ Cooked sticky rice, sliced spring onions and chilli, and sesame seeds, to serve

For the marinade:

- ★ **100ml** (3½fl oz) light soy sauce
- ★ Juice **3** large oranges (save the shells)
- ★ **80ml** (3fl oz) Chinese cooking wine
- ★ **3tbsp** light brown sugar
- ★ **2tbsp** toasted sesame oil, plus extra for roasting
- ★ **5cm** (2in) piece ginger, finely chopped
- ★ **4** garlic cloves, crushed

1 The day before, mix all the marinade ingredients in a non-reactive container. Pat the pork skin dry and add to the container, skin-side up. Chill, uncovered, overnight.
2 Heat oven to 240°C/475°F/Gas 9. Remove pork from container; reserve the marinade.
3 Pat the skin dry again, rub with oil and sprinkle liberally with salt, working it into the score marks. Put in a roasting tin and roast for 30 mins until the skin is crackled.
4 Turn down the oven to 170°C/325°F/Gas 3. Pour the reserved marinade around the pork; avoid the skin. Add the spices and orange shells. Roast for 2 hrs until the meat is tender.
5 Set the pork to rest, uncovered. Increase the oven to 240°C/475°F/Gas 9. Skim the pan juices, discarding any fat. Add the white part of the pak choi and roast for 10 mins until tender, then toss in the leafy part and roast for a further 5 mins to wilt.
6 Serve the pork with the pak choi and rice, topped with spring onions, chilli, sesame seeds and pan juices.

Beef chow mein

The key to a great stir-fry is getting the timings right, so have everything ready to go before you start cooking

SERVES 4
READY IN 30 mins

- **4** nests dried medium egg noodles
- **3tbsp** sesame oil
- **4** large garlic cloves, sliced
- **400g** (14oz) beef mince
- **2** medium eggs, lightly beaten
- **1** bunch spring onions, cut into 5cm (2in) lengths, plus extra to serve
- **2** large carrots, cut into thin matchsticks/julienne
- **200g** (7oz) Chinese leaf/green cabbage, shredded
- Large handful beansprouts
- **1tbsp** cornflour mixed with 120ml (4fl oz) water
- Toasted sesame seeds, to serve

For the sauce:

- **3tbsp** each: light soy sauce, dark soy sauce, oyster sauce and Chinese (Shaoxing) rice wine
- **1-2tsp** Chiu Chow chilli oil, plus extra to serve
- **1tbsp** caster sugar

1 Mix all the sauce ingredients together in a small bowl and set aside. Cook the noodles according to packet instructions. Drain and toss with 1tbsp oil, then set aside.

2 Meanwhile, heat 1tbsp oil in a large wok or frying pan over a high heat. Fry the garlic for a few secs, then add the beef and cook, breaking it up, for 6-8 mins until starting to brown. Add 4tbsp of the sauce mixture and cook for another 2 mins until caramelised. Add the eggs and mix to scramble, then transfer to a plate.

3 Return the pan to the heat with the rest of the oil. Add the veg and stir-fry for 2-3 mins. Mix the cornflour mixture with the remaining sauce; add to the pan with the cooked noodles and beef. Toss until everything is coated in the sauce, then serve, topped with sesame seeds and extra spring onions and chilli oil, if liked.

"CHOW MEIN TRANSLATES AS STIR-FRIED NOODLES"

Wonton soup

Juicy pork and fiery ginger broth combine in this simple yet satisfying meal

SERVES 4
READY IN 50 mins

- **2** carrots, roughly chopped
- **2** sticks celery, roughly chopped
- **2** garlic cloves
- **100g** (3½oz) spinach
- **20g** (¾oz) coriander, plus extra for garnish
- **5cm** (2in) ginger
- **500g** (1lb) minced pork
- **1tsp** sesame oil, plus extra for frying
- **2tbsp** soy sauce
- **12** wonton wrappers
- Small bunch spring onions, sliced plus extra for garnish
- **3tbsp** oyster sauce
- **2** chicken stock cubes, dissolved in 2l (4¼pt) water
- Chilli, finely sliced/chilli oil to garnish

1 Put the carrot, celery, garlic, spinach, coriander and half of the ginger into a food processor, whizz until combined. Put into a bowl and add the pork, sesame oil and soy sauce. Mix to combine.

2 Put 1tsp filling into the centre of each wonton wrapper. Use the tip of your finger to wet the edges of the square with cold water. Fold the bottom corner over the filling to the top corner and press the pastry down to seal all sides so it forms a triangle. Pull the two bottom corners of the triangle towards each other, overlap the ends and press together, set aside and repeat with the remaining wontons.

3 Heat the sesame oil in a large saucepan. Thinly slice the remaining ginger and add to the oil along with the spring onion and oyster sauce, cook for 2 mins. Add the chicken stock and boil for 5 mins. Add the wontons and cook for 3-5 mins until they float to the top. You may need to do this in batches depending on the size of your pan. Divide the wontons and soup between bowls and scatter with coriander, spring onions and chilli.

Bang bang chicken with rice noodles

This Sichuan dish's name derives from the way the meat is made tender

SERVES 8-12
READY IN 35 mins, plus cooling

- **1kg** (2lb) skinless chicken breast fillets
- **500ml** (17fl oz) chicken stock
- **5cm** (2in) fresh root ginger, peeled and sliced
- **1** lemongrass stalk, bashed and chopped
- **2** bunches of spring onions, finely chopped
- **3** carrots, julienned
- **1** cucumber, peeled, deseeded and julienned
- **¼** pineapple, peeled, cored, finely chopped
- **200g** (7oz) rice noodles, cooked and chilled
- Crispy shallots, fresh coriander and lime wedges, to serve

For the peanut sauce:

- A little oil, for frying
- **4** garlic cloves, crushed
- **2** medium red chillies, finely chopped
- **75g** (3oz) palm sugar (or use soft brown)
- **250ml** (9fl oz) coconut milk
- **2tbsp** tamarind paste
- **2tsp** toasted sesame oil
- **250g** (9oz) crunchy peanut butter

1 Cook the chicken until tender in the stock (add extra water to cover), ginger and lemongrass. Set aside to cool then slice.
2 To make the sauce, fry the garlic for 2 mins, add the chilli, sugar and coconut milk and cook gently until the sugar has dissolved. Add the remaining sauce ingredients . Set aside to cool.
3 To assemble, mix the spring onions, carrots, cucumber, pineapple and noodles. Top with the chicken, spoon over the sauce and top with crispy shallots and fresh coriander. Serve with lime wedges.

Cantonese-style crispy pork with spicy noodles

Succulent meat with the most divine crackling – delicious!

SERVES 4
READY IN 1 hr 25 mins, plus overnight marinating

- **2tbsp** rice wine vinegar, plus extra for brushing
- **1tsp** Chinese five spice
- **1tbsp** brown sugar
- **½tsp** smoked sea salt
- **1** garlic clove, grated
- **1kg** (2lb) pork belly
- Coarse rock salt for baking (enough to cover the whole skin in an even layer)
- **1tsp** vegetable oil

For the spicy noodles:

- **550g** (1lb 3oz) fresh egg noodles
- **2tsp** crispy chilli oil
- **1tbsp** sesame seed oil
- Juice of **1** lime
- Small pack coriander, roughly chopped (reserve some leaves to garnish)
- Roasted peanuts and sliced red chilli, to garnish (optional)

The night before, mix together the rice wine vinegar, five spice, sugar, smoked sea salt and garlic. Rub over the pork meat but do not put any on the pork skin. Transfer to a dish or container. Pat the skin dry and use a sharp knife to pierce all over. The more little holes the better. Be careful not to cut too deep, as you don't want to reach the layer of fat below the skin. Brush with a little rice wine vinegar. Leave in the fridge uncovered overnight.

Heat the oven to 180°C/350°F/Gas 4. Transfer the pork to a sheet of foil and create a tight parcel covering the meat, but leaving the skin exposed. Pat dry then carefully pour over the coarse rock salt in an even layer, covering all the skin, but avoid any falling down the sides to the meat.

Transfer the foil parcel to a roasting tin and cook in the oven for 45 mins. Heat the grill to medium-high.

Unwrap the parcel and carefully remove the salt from the skin. Brush the skin with vegetable oil then grill for 10 mins until crispy – keep a close watch and cover any bits that are cooking too quickly with foil. Remove from the grill and leave to rest for 20 mins.

Meanwhile, cook the noodles according to the pack instructions then toss together with the oils, lime juice and coriander. Transfer to a serving bowl and garnish with peanuts and red chilli, if using. Slice the pork and serve with the noodles.

Stir-fried sweet chilli prawns

Rice pouches are a great way to save time – try using one in this sweet-and-sour stir-fry

SERVES 2-3
READY IN 25 mins

- **1tbsp** rapeseed oil
- **1** onion, sliced
- **150g** (5oz) frozen edamame beans or peas
- **100g** (3½oz) mangetout
- **2** garlic cloves, minced
- **5cm** (2in) piece ginger, peeled and minced
- **150g** (5oz) raw king prawns
- **250g** (9oz) long grain rice pouch
- **3** medium eggs, beaten

For the sauce:
- **3tbsp** sweet chilli sauce
- **2tbsp** soy sauce
- **½tbsp** rice wine vinegar
- **½tsp** chilli flakes

To serve:
- **4** spring onions, sliced (optional)
- Handful salted peanuts (optional)
- Handful coriander, roughly chopped (optional)

1 Heat the oil in a wok over medium heat; cook the onion for 7 mins until softened.
2 Meanwhile, bring a pan of water to the boil and blanch the edamame beans and mangetout for 1 min, then drain and set aside.
3 Add the garlic and ginger to the onion and cook for a further 2 mins.
4 Tip in the blanched edamame and mangetout, and stir-fry for a further 5 mins. Add the prawns and continue to cook for 2 more mins.
5 Combine all the sauce ingredients in a bowl. Add the rice to the pan, mix everything together and cook for 5 mins. Move everything to one side of the pan, pour the eggs into the empty side of the pan and scramble them. Fold everything together, pour in the sauce, and toss well to combine.
6 Divide between 2-3 plates and serve with spring onions, peanuts and coriander scattered on top.

Crispy duck and noodle salad with hoisin dressing

Give a ready-meal favourite a super speedy makeover with this quick and healthy twist on a classic

SERVES 4-6
READY IN 50 mins

- **1** pack ready-to-cook hoisin crispy duck
- **1** carrot, grated
- **1** cucumber, thinly sliced
- **1** little gem lettuce, shredded
- **1** small red onion, thinly sliced
- **300g** (10½oz) ready-cooked rice noodles

For the dressing:
- **1** garlic clove
- **2tsp** grated ginger
- **2tbsp** soy sauce
- **1tbsp** honey
- Juice of **1** lime
- **1tbsp** hoisin sauce, from the crispy duck packet (if included)
- Small bunch of coriander, and sliced red chillies, to serve

1 Heat the oven and cook the crispy duck according to the pack instructions, reserving the pancakes (if included) for another meal. Once cooked, shred the meat.
2 Combine all the dressing ingredients, adjusting the seasoning according to taste.
3 In a large bowl, toss the vegetables and noodles in the dressing, add the crispy duck and garnish with the coriander and chillies.

Chicken and sriracha spring rolls

Thai sriracha hot sauce is also used in Chinese food. We've paired it with a traditional spring roll

MAKES 16
READY IN 40 mins

- **1tsp** olive oil
- **1** chicken breast, finely sliced
- **1** small carrot, julienned
- Handful of beansprouts
- **3** spring onions, finely sliced
- Small bunch of coriander, chopped
- **2-3tbsp** sriracha sauce
- **4** sheets filo pastry
- **500ml** (17fl oz) vegetable oil for deep-frying

To serve:
- Sriracha mayo
- Soy sauce

1 Heat the oil in a frying pan and fry the chicken until just cooked through. Remove from the pan, draining any oil and place the chicken into a bowl. Add in the carrot, bean sprouts, spring onions, and coriander, and mix well. Stir through the sriracha sauce – adjust the amount, depending on how hot you like it.

2 Lay one sheet of filo pastry on top of another, and cut into 8 squares. Take one of the squares and lay in front of you with a point facing towards you, so you have a diamond shape. Spoon a little rectangle (about 1tbsp) of chicken mixture across the diamond. Bring the left and right point into the centre of the square, then bring the bottom point up to the centre of the square, so you have formed an unclosed envelope shape. Roll this upwards, wet the top point with a little water and seal the roll. Repeat until all the mixture and pastry is used up. Set to one side.

3 Heat the oil in a pan until approximately 180°C/350°F. Add a few spring rolls and cook until golden brown. Remove and place on a tray that's lined with kitchen paper. Serve on a platter with sriracha mayo and soy sauce.

Sweet and sour cauliflower

Our meat-free twist on the Chinese classic is still deeply satisfying and easy to make

SERVES 4-6
READY IN 50 mins

For the sauce:
- ★ **1tbsp** cornflour
- ★ **200ml** (7fl oz) pineapple juice
- ★ **1tbsp** fresh ginger, grated
- ★ **1** garlic clove, grated
- ★ **1tbsp** tomato purée
- ★ **2tbsp** tomato ketchup
- ★ **2tbsp** rice vinegar
- ★ **1tbsp** light soy sauce
- ★ **2tbsp** honey
- ★ **1tsp** sriracha (hot chilli sauce)

For the cauliflower:
- ★ **60g** (2½oz) cornflour
- ★ **50g** (2oz) plain flour
- ★ **1** head cauliflower, approx 800g/1lb 12oz, cut into small florets
- ★ **100g** (3½oz) panko breadcrumbs

For the rest:
- ★ **1tsp** vegetable oil
- ★ **1** green pepper, seeded and sliced
- ★ **100g** (3½oz) baby corn, halved
- ★ Boiled rice, to serve
- ★ Sliced spring onion and sesame seeds, to garnish

1 For the sauce, mix the cornflour with a little pineapple juice until smooth. Place in a pan with the remaining sauce ingredients and 50ml (2fl oz) water, and whisk well. Bring to a simmer and cook gently for 5 mins, stirring until thick. This can be prepared ahead of time.

2 Heat the oven to 180°C/350°F/Gas 4. For the cauliflower, whisk together the cornflour, plain flour and 125ml (4½fl oz) cold water to make a smooth batter. Season with salt and pepper, then add the cauliflower florets, turning until evenly coated.

3 Place the breadcrumbs in a separate bowl. Add a piece of coated cauliflower (shake to remove any excess batter) to the bowl then, using a fork, turn to coat it evenly in breadcrumbs before transferring to a lined baking tray. Repeat until all the cauliflower is coated. Cook in the oven for 20-25 mins until crisp and tender.

4 Meanwhile, heat the vegetable oil in a wok and stir-fry the pepper and baby corn for about 5 mins until tender.

5 Add the crispy cauliflower pieces and a few tbsp of the sauce to the wok and toss until everything is coated. Serve immediately with the remaining sauce and boiled rice, if liked. Garnish with sliced spring onions and sesame seeds.

Char siu pork buns

Fluffy dough and sweet and spicy pork make the dream combination

MAKES 8
READY IN 1 hr, plus proving

For the pork:
- ★ **3tbsp** soft brown dark sugar
- ★ **1tbsp** hoisin sauce
- ★ **4tbsp** soy sauce
- ★ **1tbsp** oyster sauce
- ★ **½tsp** white pepper powder
- ★ **1tsp** Chinese five spice
- ★ **550g** (1lb) pork belly slices, cut into 1cm (½in) chunks

For the dough:
- ★ **150ml** (5fl oz) whole milk
- ★ **2½tsp** caster sugar
- ★ **½tsp** fine salt
- ★ **1tbsp** groundnut oil
- ★ **250g** (9oz) plain flour
- ★ **2tsp** fast-action dried yeast

You will need:
- ★ A bamboo steamer

1 To make the dough gently heat the milk, sugar, salt and oil in a pan until the sugar has dissolved. Mix the flour and yeast in a large bowl, add most of the warm milk (reserve around 20ml (¾fl oz) and mix with a wooden spoon to a rough dough. It should feel slightly tacky but not sticky; add the remaining milk if required. Knead briefly in the bowl, then knead for 10 mins in a stand mixer fitted with a dough hook or on a lightly dusted surface. Put the dough in a large bowl, cover with cling film and leave in a warm place for about 1 hr 30 mins-2 hrs, until doubled in size.

2 Meanwhile, mix all of the pork ingredients together, except for the pork. Add the pork and toss to combine.

3 Heat a large frying pan or wok over a medium heat, add the pork and cook for 15 mins, until cooked through. Set aside. When cooled, finely chop the pork.

4 Roll the dough into a log shape and divide into 8 equal-sized pieces, around 55g (2oz) each. Roll into 2mm (⅛in) thick discs 15cm (6in) in diameter. Put 2 heaped tbsp into the centre of each disc, bring up the edge, and stretch and crimp the dough together, repeat all the way around until completely sealed. Cover the buns with a damp, clean tea towel and leave at room temperature for 1 hr to prove. When ready to cook, put into a steamer basket lined with baking paper, pierce the baking paper with a few holes. Put over a medium heat for 15 mins until the buns are fluffy.

Kung Pao chicken

We've turned down the heat from the traditional version, but make this as fiery as you like

SERVES 4
READY IN 35 mins

500g thigh fillet chicken breast, chopped
Vegetable oil
2 carrots, peeled and sliced
1 red pepper, deseeded and cut into chunks
225g (8oz) tin water chestnuts, drained
Rice, to serve
50g (2oz) toasted cashews, to garnish
2 spring onions, thinly sliced, to garnish

For the marinade:
1tbsp soy sauce
1tsp cornflour
1tbsp sesame oil
2tbsp Shaoxing rice wine

For the sauce:
2 garlic cloves, crushed
5cm piece ginger, grated
5tbsp hoisin sauce
1tbsp soy sauce
2tbsp brown sugar
1tsp hot chilli flakes
Vegetable oil, for frying

Mix the chicken with all the marinade ingredients, set aside. In a separate bowl combine the sauce ingredients.

Add a splash of oil to a wok and cook the chicken over a medium heat for 5 mins until cooked through. Remove the chicken from the pan and cook the vegetables for 3 mins. Return the chicken to the pan with the veg and sauce. Turn the heat up a little and cook for 1 min until heated through. Serve with cashews and rice.

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Salmon sushi bowl

JAPANESE

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Miso aubergine with grain salad

A staple in Japanese cuisine, miso offers an umami flavour to this dish

SERVES 4
READY IN 40 mins

- **2** large aubergines, halved
- **2tbsp** miso paste
- **1tbsp** honey
- **1tbsp** sesame oil
- **1tbsp** soy sauce
- **1** garlic clove, crushed

For the salad:

- **2 × 250g** (9oz) pack Merchant Gourmet Mixed Grains
- **200g** (7oz) frozen edamame beans
- **½** bunch coriander, plus extra to serve

For the dressing:

- **2tbsp** soy sauce
- **2tsp** sesame oil
- **2tsp** honey
- Juice of **2** limes

To serve:

- **4** spring onions, sliced
- **1** red chilli, finely sliced

1 Heat oven to 180°C/350°F/Gas 4. Score the aubergines in a diagonal checkerboard style. Combine the miso, honey, sesame oil, soy sauce and garlic, and brush over the aubergine halves. Roast for 30 mins, until golden and tender.

2 Meanwhile, microwave the grains for 2 mins on high and cook the edamame for 5 mins in a pan of simmering water. When cooked, combine the grains and edamame in a bowl. Stir through the coriander.

3 Mix together dressing ingredients and stir through; season well to taste. To serve, divide the salad between 2 plates and top each with two aubergine halves, plus spring onions, coriander and chilli.

Mushroom tofu noodle soup

An aromatic broth in no time at all

SERVES 4
READY IN 15 mins

- **1l (1¾pt)** vegetable stock
- **2tbsp** white miso paste (such as Clearspring)
- **2** garlic cloves, peeled and crushed
- **200g** (7oz) portabellini mushrooms, sliced
- **100g** (3½oz) baby salad onions, roughly chopped
- **2tbsp** dark soy sauce
- **275g** (10oz) fresh wholewheat noodles
- **150g** (5oz) tofu, sliced

1. Heat the vegetable stock into a pan and whisk in the miso paste.
2. Add the garlic, sliced mushrooms, chopped onions and soy sauce and simmer for 5 mins.
3. Tip in the noodles and tofu, warm through for 5 mins and serve.

TOFU IS A MAIN STAPLE IN THE JAPANESE DIET

Sticky yakitori chicken

Give your dinner party a Japanese makeover with this tasty recipe served with spring onions and fluffy basmati

SERVES 4
READY IN 20 mins

- ★ **8tbsp** Kikkoman tamari soy sauce
- ★ **6tbsp** runny honey
- ★ **4tbsp** sherry vinegar
- ★ **1tbsp** sesame oil
- ★ **800g** (1lb 12oz) mini chicken breast fillets
- ★ Large bunch of spring onions, trimmed and quartered
- ★ **1tsp** vegetable oil
- ★ **2 × 280g** (10oz) packets microwavable basmati rice

1 Heat the grill to high and line a grill pan with foil. Mix the soy sauce, honey, vinegar and sesame oil in a shallow dish.

2 Add the chicken and stir to coat completely in the marinade.

3 Toss the spring onions in the oil. Put the chicken on the lined grill pan and grill for 5 mins. Turn the chicken, push to one end of the pan and arrange the spring onions on the other and grill for another 5 mins.

4 Microwave the rice according to packet instructions. Serve with the chicken and spring onions.

Seared tuna with soya bean salad

Tuna is a popular ingredient in Japanese cooking and pairs well with a fresh salad

SERVES 2
READY IN 20 mins

- ★ **3tbsp** olive oil
- ★ Zest and juice of **1** lemon
- ★ **1tsp** honey
- ★ **1tbsp** chopped dill
- ★ **1** red onion, peeled and thinly sliced
- ★ **100g** (3½oz) shelled and cooked soya beans
- ★ **200g** (7oz) tinned cannellini beans, drained and rinsed
- ★ **2 × 125g** (4½oz) fresh tuna steaks

1 Mix together 2tbsp of the olive oil, the lemon juice, honey and dill. Place the onion, soya beans and cannellini beans in a bowl, then pour over the dressing, season and toss to coat.
2 Heat the remaining oil in a large frying pan over a high heat and sear the tuna steaks for 2 mins on each side until there is a 3mm (⅛in) ring around the edge.
3 Remove from the pan and serve with the bean salad and lemon zest.

"A DIET HIGH IN FISH AND SOY BEANS IS ONE OF THE REASONS JAPANESE FOOD IS SO HEALTHY"

Tempura courgette salad

Give this delicious Japanese-inspired salad a go – it's so much easier than it looks

SERVES 4
READY IN 20 mins

- Around 600ml (1pt) vegetable oil, for frying
- **175g** (6oz) self-raising flour
- **1tbsp** cornflour
- **2** egg yolks
- **600g** (1lb 5oz) baby courgettes, sliced in half lengthways
- **1 × 80g** (3oz) pack Oriental salad
- **1** romaine heart lettuce, roughly torn
- **1tbsp** roughly chopped coriander leaves

For the dressing:

- **2** egg yolks
- **1** garlic clove, crushed
- **1cm** (½in) root ginger, finely grated
- **2tbsp** rice wine vinegar
- **1½tbsp** miso paste
- **1tbsp** soy sauce
- **¾tsp** honey
- **¾tsp** sesame oil
- **100ml** (3½fl oz) extra virgin olive oil

1 To make the dressing, blend the egg yolks, garlic, ginger, vinegar, miso paste, soy sauce and honey until smooth, in a food processor. Add the sesame oil, then gradually add the olive oil in a slow, steady stream while continuing to mix. Add 2-4tbsp cold water, and season with salt and pepper. Set aside in the fridge.

2 Using a deep-fat fryer or wok, pour enough oil so it sits at around 7½cm (3in) deep and heat oil to 170°C/325°F.

3 Meanwhile, mix and then sift the flour and cornflour into a large bowl. Make a well in the centre. Whisk the egg yolks and 325ml (11fl oz) water with two ice cubes in a jug. Add the flours. Gently stir together using a balloon whisk. Don't over mix – a few lumps are fine. In batches, coat the courgettes in the batter. Deep-fry them for around 3 mins. Set aside on kitchen towel.

4 Toss the aromatic Oriental salad, romaine lettuce and coriander. Top with the courgettes and drizzle over the dressing.

THIS PORK WORKS WELL CUT UP AND USED IN A BENTO BOX

Sweet miso pork

What's not to love about slow-cooked pork? This is glazed with a miso-based paste that makes it sweet, sour and sticky all at once!

SERVES 6
READY IN 6 hrs 30 mins

1¾–1½kg (2½–3lb) pork shoulder, boned and rolled, skin scored

250g (9oz) pack sweet white miso paste
50ml (2fl oz) soy sauce
100g (3½oz) runny honey
75ml (3fl oz) mirin (Japanese rice wine)

To make the glaze, mix all the ingredients together until well combined. This will make more than you need but it keeps for ages in the fridge and is great with chicken, fish or added to veg as a stir-fry sauce.

Heat the oven to 130°C/250F/Gas ½. Set the pork on a rack over a roasting tin (it's a good idea to line it with foil) and brush the meat only, not the skin, with 1-2tbsp of glaze. Cook slowly, covered loosely with foil, for 6 hrs, until super tender. Glaze the meat every hr or so.

When you are ready to serve, turn the oven up to 200°C/400°F/Gas 6. Blast the pork until it starts to crackle, then brush the crackling and the meat with a little glaze before serving. Delicious with mash or rice and try some cavalo nero or greens stir-fried in the miso glaze.

Ginger and sesame crusted tuna

Don't be tempted to overcook this – pink is best

SERVES 2
READY IN 15 mins

- ★ **2tbsp** runny honey
- ★ **25g** (1oz) root ginger finely grated
- ★ **4tbsp** mixed sesame seeds – look for black and white in Asian supermarkets
- ★ **1tbsp** sunflower oil
- ★ **2×250g** (9oz) 2cm- (¾in-) thick tuna steaks, patted dry with kitchen paper

1 Mix together the honey and ginger on a large plate. Sprinkle sesame seeds on a second plate. Dip the tuna into the honey, then the sesame seeds to coat.

2 Heat oil in a frying pan on a medium-high heat. Cook the tuna for 2 mins, turn and cook for 2 mins more for medium, or less for rare. Leave to rest on a warm plate for a few mins; slice thickly.

"THIS PAIRS WELL WITH EDAMAME SALAD AND NOODLE FRITTERS"

JAPANESE

Crab and hand rolled sushi

Sushi is often considered to be a tricky thing to make. But while it may take years to perfect with precision, the beauty of these handrolls is that it doesn't matter if they're a little rustic looking – perfect for an easy but impressive lunch

MAKES 12
READY IN 20 mins

- ★ **250g** (9oz) ready-cooked rice
- ★ **3tbsp** rice vinegar
- ★ **½tsp** salt
- ★ **1tsp** sugar
- ★ **6** sheets of nori seaweed
- ★ **100g** (3½oz) white crab meat
- ★ **½** avocado, thinly sliced
- ★ **2** spring onions, thinly sliced, in lengths
- ★ Crispy onions, sriracha mayo, soy sauce and pickled ginger, to serve

1 Empty the rice into a bowl, add 2tbsp water, cover with cling film and microwave according to the pack instructions. Once hot through, add the vinegar, salt and sugar and mix into the rice, mashing slightly with the back of a spoon to help the rice become sticky.

2 Halve the nori sheets and lay on a piece of cling film. Push ½tbsp rice into a thin layer onto half of the sheet, flattening with your fingers. Add a thin strip of crab, then avocado, and finally spring onion slices in a diagonal line, pointing to the bottom-right corner of your nori sheet.

3 Fold the top-right corner of the nori over to the left, pick up the sushi in your hand and roll into a cone. Top with crispy onions and serve with sriracha mayo, soy sauce and pickled ginger.

Chilli prawn and rice noodle ramen soup

A healthy low-cal version of a Japanese restaurant classic

SERVES 2
READY IN 15 mins

- **2** sachets red miso paste
- **200g** (7oz) rice noodles
- **200g** (7oz) raw peeled king prawns
- **2tsp** finely sliced red chilli
- **1tsp** freshly grated ginger
- **1** small red pepper, thinly sliced
- A few fresh coriander leaves
- **1tsp** sesame seeds, toasted

1 Dissolve the red miso paste in a saucepan with 500ml (17fl oz) hot water.
2 Rinse the noodles well under warm water, add to the pan and cook per packet instructions. Add the prawns to the noodles with the red chilli, ginger and red pepper, and simmer for 1-2 mins, until the prawns are cooked. Ladle into two bowls and serve scattered with a few coriander leaves and the sesame seeds.

Salmon sushi bowl

Fresh and zingy, this dish of goodness is a quick and easy lunch

SERVES 6
READY IN 15 mins

- **500g** (1lb) sushi rice, rinsed
- **2tbsp** caster sugar
- **4tbsp** (2fl oz) rice wine vinegar
- **500g** (1lb) fresh salmon or any other firm-fleshed fish, cut into 1cm (½in) pieces
- **3** spring onions, finely sliced
- **3tbsp** soy sauce
- **3tbsp** sesame oil
- **2** red chillis, finely sliced
- **1½tsp** toasted sesame seeds
- **2** avocados, sliced
- Pinch chilli flakes
- Pickled ginger
- Zest and juice of **2** limes, plus wedges to serve

1 Cook the sushi rice according to packet instructions. After draining, stir in the sugar and rice wine vinegar. Set aside.
2 Combine the fish, spring onions, soy sauce, sesame oil, chillis, sesame seeds, then set aside for a few mins to marinate.
3 Divide the rice between the bowls. Top with the marinated fish, avocado slices, chilli flakes, pickled ginger, lime zest and juice, and serve with fresh lime wedges.

Salmon sushi salad

A twist on a trendy street food, this salad is packed with crunch

SERVES 2
READY IN 20 mins

- ★ **25g** (1oz) caster sugar
- ★ **50ml** (2fl oz) white wine vinegar
- ★ **1** large carrot, peeled
- ★ **3** asparagus spears
- ★ **200g** (7oz) cooked brown basmati rice
- ★ **75g** (3oz) mixed radishes, thinly sliced
- ★ **2** hot smoked salmon fillets, flaked
- ★ **2tsp** black and white sesame seeds
- ★ **1tsp** toasted sesame oil

1 In a small pan, dissolve the sugar in the white wine vinegar with 1tsp salt and 75ml (3fl oz) boiling water.

2 Slice the carrot into matchstick strips with a julienne peeler and put into a small bowl. Pour over the hot vinegar mixture and set aside for 10 mins to marinate, then drain in a sieve.

3 Cut the asparagus spears in half lengthways and cook in boiling water for 2 mins, then drain and cool under cold running water.

4 To serve, divide the rice between 2 bowls and top with the pickled carrots, mixed radishes, asparagus, salmon, sesame seeds and toasted sesame oil.

Sashimi to share

Rather than make individual sashimi, this makes a brilliant starter or a sit-down snack with drinks

SERVES 8
READY IN 45 mins, plus chilling

250g (9oz) sushi rice
6tbsp rice wine vinegar
2tbsp caster sugar
½tsp salt
185g (6½oz) smoked salmon
2 avocados, thinly sliced
1 lime
1tbsp each black and white sesame seeds
Pickled ginger, soy sauce and wasabi, to serve

1kg (2lb) loaf tin, double-lined with cling film

Put the rice in a deep saucepan and cover with 500ml (17fl oz) cold water, bring to the boil and reduce to a slow simmer. Cover with a lid and cook for 10 mins. Remove from the heat and set aside; after 10 mins the rice should be cooked. Spoon into a large bowl.

Mix the rice wine vinegar, sugar and salt together until dissolved. Pour over the rice and gently mix, then transfer to a tray lined with cling film and spread out. Allow to cool. Spoon half the rice on to the base of the loaf tin, even it out and push it into the corners – hands are easiest for this! Top with half the salmon, the avocado slices, a squeeze of lime, then the remaining salmon and rice. Cover with cling film and weigh down evenly with tins. Chill for at least 6 hrs.

Turn out on to a plate. Mix together the seeds and push into the surface; they will stick happily. Slice into 1cm (½in) pieces to serve (a serrated knife is best), alongside pickled ginger, soy sauce and wasabi.

Japanese-style broth with udon noodles

This warming and savoury Japanese-style broth is filling and hearty but still healthy

SERVES 3-4
READY IN 25 mins

- ★ **175g** (6oz) dried udon noodles (we used a 250g/9oz pack of Clearspring Organic Semi Wholewheat) or use rice noodles
- ★ **1½l** (2½pt) vegetable or beef stock (use 3 cubes)
- ★ **5cm** (2in) piece of fresh root ginger, sliced into thin slivers
- ★ **1** sachet miso instant soup paste (or use frozen Thai herbs or some Thai green curry paste, to taste, for a Thai version)
- ★ **1-2tbsp** fish sauce or soy sauce, to taste
- ★ **1** red chilli, deseeded and thinly sliced
- ★ **1** large clove garlic, thinly sliced (optional)
- ★ **250g** (9oz) mixed mushrooms – button, shiitake, oyster, thinly sliced or torn into bite-sized pieces
- ★ **100g** (3½oz) mangetout, cut into fine strips
- ★ **150g** (5oz) finely sliced fillet steak
- ★ **2** spring onions, trimmed and shredded (optional)
- ★ Lime wedges, to serve

1 Cook the noodles in a large pan of boiling salted water, according to pack instructions until tender, for 6-8 mins. Drain them, then rinse in cold water and set aside.

2 Meanwhile, heat the stock with the ginger in a large pan. Whisk in the miso paste (or Thai herbs/paste) and fish or soy sauce. Bring to the boil, then add the chilli, garlic and mushrooms and simmer for 3 mins.

3 Add the mangetout and then the meat. Simmer for 2 mins. Season to taste with more fish or soy sauce.

4 Divide the noodles between 3-4 warm bowls and spoon the hot broth over. Sprinkle over shredded spring onions, if using, and serve with lime wedges.

Beef ramen

Although originally from China, ramen has been adopted by the Japanese – a really comforting dish

SERVES 4
READY IN 30 mins, plus marinating

- ★ **500g** (1lb) sirloin steak
- ★ **1tbsp** sunflower oil
- ★ **2tsp** grated ginger
- ★ **1** red chilli, finely chopped
- ★ **1tsp** Chinese five spice
- ★ **1l** (1¾pt) beef bone broth or strong beef stock
- ★ **50ml** (2fl oz) soy sauce
- ★ **2tbsp** rice vinegar
- ★ **200g** (7oz) Tenderstem broccoli, trimmed
- ★ **4** nests ramen noodles or **200g** (7oz) soba noodles
- ★ **200g** (7oz) carrots, thinly sliced into julienne strips
- ★ **2** eggs, hard boiled
- ★ **1tbsp** furikake seasoning
- ★ **3tbsp** micro coriander

For the marinade:

- ★ **30ml** (1fl oz) soy sauce
- ★ **2** garlic cloves, crushed
- ★ **½tsp** sesame oil

1 Put the sirloin steak into a dish or sealable bag and add the marinade ingredients. Cover and leave in the fridge for a few hrs or overnight if you like.
2 Heat the oil in a sauté pan and cook the steak for a few mins each side. Set aside. Add the ginger, chilli and five spice to the pan and stir for a few mins. Add the bone broth, soy and rice vinegar. Leave to bubble while you blanch the broccoli and cook the noodles according to the pack instructions. Put the noodles into large deep bowls. Slice the steak into strips and add this together with the broccoli and carrots. Divide the hot broth between the bowls and top each with half an egg, some furikake and the herbs.

Okonomiyaki

Our new go-to recipe for using up any leftover veg in the fridge

SERVES 2
READY IN 15 mins

- ★ **1** medium egg
- ★ **1tbsp** oyster sauce
- ★ **½** vegetable stock cube
- ★ **60g** (2½oz) plain flour
- ★ **200g** (7oz) cabbage, sliced
- ★ **80g** (3oz) carrot, grated
- ★ **2** spring onions, separated into white and green, both thinly sliced
- ★ Small bunch coriander, chopped, extra for garnish
- ★ **2tbsp** vegetable oil
- ★ **2tbsp** mayonnaise
- ★ **1tsp** rice wine vinegar
- ★ **1tsp** sugar
- ★ **2tbsp** ketchup
- ★ **1tsp** runny honey
- ★ **1tbsp** soy sauce

You will need:
- ★ **20cm** (9in) frying pan

1 Whisk the egg with the oyster sauce. Mix the stock with 150ml (5fl oz) boiling water; whisk into the egg. Add the flour, whisk until just smooth, then stir in the cabbage, carrot, spring onion whites and the coriander.

2 Heat a frying pan over a medium heat with 1tbsp oil. Once hot, add the mixture, spreading to the edges of the pan and pushing down lightly. Cook for 5-6 mins.

3 Invert the pancake on to a board. Add the remaining oil to the pan and return the pancake to the pan, uncooked side down. Cook for a further 5-6 mins.

4 Meanwhile, make the sauces. Combine the mayonnaise with the vinegar and sugar. In a separate bowl, combine the ketchup, honey and soy sauce.

5 Slide the pancake on to a plate. Drizzle with the sauces and scatter over the spring onion greens and extra coriander.

Chicken yaki udon

Utilising a pack of veggies and straight-to-wok noodles makes this one a cinch!

SERVES 4
READY IN 15 mins

- **3tbsp** mirin
- **4tbsp** soy sauce
- **2tbsp** runny honey
- Juice **1** lime, plus extra wedges, to serve
- Large pinch chilli flakes
- **2tbsp** sesame oil
- **350g** (12oz) mini chicken breast fillets
- **250g** (9oz) sliced mushrooms
- **220g** (8oz) pack stir-fry vegetables (we used a rainbow pack)
- **2 × 150g** (5oz) packs straight-to-wok udon noodles
- Small bunch spring onions, cut in half and sliced into matchsticks
- Crispy onions, to serve (optional)
- Pickled ginger, to serve (optional)

1 In a large bowl, whisk the mirin, soy sauce, honey, lime juice and chilli flakes.
2 Heat a wok over a high heat and add 1tbsp sesame oil. Add the chicken and fry for 5 mins, turning regularly until crispy and cooked through. Transfer to the bowl of sauce, tossing to coat.
3 Add the remaining oil to the wok and cook the mushrooms over a high heat until softening. Add the veg pack and fry for a further 2 mins, then stir through the chicken and the sauce.
4 Push all the ingredients in the wok to one side. Turn up the heat and simmer the sauce for 2 mins until thick and glossy.
5 Add the noodles, toss everything together and cook for 2 mins more. Serve in bowls topped with spring onions, crispy onions, lime wedges and pickled ginger.

Chicken, sprout and spring onion gyoza

Make a batch of these dumplings and keep them in the freezer for when you need a speedy canapé that's full of flavour

MAKES around 30
READY IN 1 hr 15 mins, plus resting

★ **200g** (7oz) plain flour, sifted
★ Vegetable oil, for cooking

For the filling:
★ **120g** (4oz) chicken breast, cut into chunks
★ **3** spring onions, sliced
★ **50g** (2oz) Brussels sprouts, sliced
★ **2tsp** grated ginger
★ **2tsp** grated garlic
★ **3tsp** soy sauce, plus extra to serve
★ **2tsp** sesame seed oil, plus extra, to serve
★ Chilli oil and lime juice, to serve

You will need:
★ A 10cm (4in) round cutter

1 Mix the flour and ¼tsp fine salt in a large bowl. Pour in 150ml (5fl oz) hand-hot water, a little at a time, and mix until combined. You may not need all the water. Transfer to a lightly dusted work surface and knead for 10 mins until smooth and elastic. Divide the dough into 2 and roll into balls. Wrap in cling film; rest for 30 mins.
2 For the filling, blitz all the ingredients in a food processor. Fry 1tsp of the mix to check the seasoning; adjust if necessary.
3 Lightly dust a work surface and a baking tray. Roll out the dough until as thin as possible. Cut out circles with the cutter, transfer to the tray and cover loosely with cling film to prevent them from drying. You should have around 30 gyoza wrappers.
4 Spoon 1tsp of filling into the centre of each wrapper, wet the rim with water then crimp together using your thumb and forefinger. Cook them straight away or cover with cling film and refrigerate for up to 6 hrs. If freezing, place the baking tray in the freezer – once the gyoza are solid, you can transfer to a freezer bag.
5 To cook, drizzle a little oil in a large, lidded pan on a medium heat. Add the gyoza and, leaving a little space between each one, cook for 3 mins until the bottoms are turning golden. Add 30ml (1fl oz) water and cover with the lid. If cooking fresh, steam for 3 mins; from frozen, steam for 5-6 mins. Add more water if it evaporates too quickly. Remove the lid; drizzle on a little sesame seed oil. Cook for 1-2 mins until the bottoms have crisped up.
6 Ensure the gyoza are piping hot and serve with a dipping sauce. We like a mix of chilli oil, soy, sesame seed oil and lime juice.

Miso-spiced fish skewers

A miso glaze turns an ordinary fish skewer into something a bit more punchy. Togarashi powder (7-Spice Seasoning) is found in most supermarkets, and adds a chilli buzz

SERVES 6
READY IN 30 mins

6 x 150g (5oz) firm white fish fillets, thickly sliced

For the marinade:
- ★ **6tbsp** miso paste
- ★ **3tbsp** mirin
- ★ **½tsp** chilli powder
- ★ Juice of **1** lemon

For the dressing:
- ★ **100g** (3½oz) crème fraîche
- ★ **1tsp** Togarashi powder

To serve:
- ★ **½** red cabbage, sliced
- ★ **2** heads red chicory
- ★ Lemon wedges
- ★ Thai basil, to serve (optional)

1 Preheat the grill to 240°C/475°F. To make the marinade, mix together the miso, mirin, chilli powder and ½ the lemon juice. Rub over the fish fillets, and thread each one on to a skewer. Leave to marinate for 10-20 mins.
2 For dressing, combine the crème fraîche, remaining lemon juice and Togarashi powder.
3 Grill the skewers for 2-4 mins to cook through. Divide cabbage and chicory leaves between plates, drizzle with the dressing, add the fish skewers and serve with lemon wedges and Thai basil.

Chicken teriyaki donburi

Crunchy, satisfying and healthy – all you need for a quick dinner

SERVES 4
READY IN 40 mins, plus chilling

- **6** boneless, skinless chicken thighs, halved
- **3tbsp** teriyaki sauce
- **1** onion, halved and sliced
- **1** garlic clove, crushed
- **1** stem lemongrass, sliced
- **2tbsp** vegetable oil
- Juice of **1** lime
- **200g** (7oz) short grain rice
- **200g** (7oz) Tenderstem broccoli
- Spring onions, shredded
- Carrots, cut with a julienne peeler
- **2tbsp** rice vinegar
- **1tsp** honey
- **1tbsp** sesame seeds

1 Season the chicken thighs, piercing them several times with a sharp knife. Put into a non-metallic dish. Drizzle over the teriyaki sauce, onion, garlic, lemongrass, oil and lime juice. Cover and chill for at least 1 hr.

2 Rinse the rice in cold water, drain and put into a pan. Pour over 450ml (16fl oz) cold water and add a pinch of salt. Cover and bring to the boil. Stir. Reduce the heat and simmer for 12-15 mins. Remove from heat and stand, covered, for 10 mins to allow the rice to finish cooking.

3 Heat a wok or frying pan, add the chicken and fry for 5 mins, cover and cook for a further 5 mins. Add the Tenderstem broccoli to one part of the pan, cover and cook for 2 mins, add the spring onion and cook for 1 min. Microwave carrots with 2tbsp water for 2 mins.

4 Mix rice vinegar and honey through the cooked rice.

5 To serve, spoon a portion of rice into each bowl. Top with teriyaki chicken, broccoli, spring onions and carrots. Sprinkle over sesame seeds.

Ramen noodle bowl

Enjoy our simplified ramen for a hearty but healthy souped-up broth

SERVES 4
READY IN 1 hr 25 mins

- **480g** (1lb) pork belly slices
- **100g** (3½oz) shiitake mushrooms, left whole
- **4** whole garlic cloves, crushed
- **2tsp** smoked sea salt flakes
- **1tbsp** sugar
- **2tsp** soy sauce
- **1tbsp** white miso
- **2tbsp** red miso
- **1tbsp** mirin seasoning
- **½tbsp** brown rice vinegar
- **2tsp** toasted sesame oil
- **500ml** (17fl oz) umami stock
- **4** baby pak choi, halved
- **4** eggs, at room temperature
- **240g** (8½oz) dry ramen noodles, cooked according to the pack instructions
- **3** spring onions, sliced
- **6** radishes, sliced

1 Put the pork, mushrooms, garlic cloves, salt and sugar into a pan, cover with 750ml (1¼pt) cold water, bring to a simmer and cook for 30 mins. Scoop off any foam.

2 Mix the soy sauce, misos, mirin, vinegar and sesame oil and add to the pan with the stock. Cover and simmer for a further 45 mins, until the pork is cooked through.

3 Fifteen mins before the broth is ready, bring a small pan of water to the boil. Cook the pak choi for 2 mins then remove from the pan and refresh in cold water.

4 Boil the eggs for 8 mins, then rinse under cold water, peel and halve.

5 To assemble, spoon the broth into 4 bowls. Add the cooked noodles and top each with the pork, egg halves, pak choi, spring onions and radishes.

Miso soup

This green bowl of goodness makes a quick and easy lunch

SERVES 4
READY IN 15 mins

- ★ **8tbsp** white miso paste
- ★ **5cm** (2in) piece of fresh ginger, chopped
- ★ **3** garlic cloves, peeled and sliced
- ★ **100g** (3½oz) soba noodles
- ★ **100g** (3½oz) sugar snap peas
- ★ **100g** (3½oz) asparagus, sliced
- ★ **2** courgettes, cut into discs and halved
- ★ **200g** (7oz) Tenderstem broccoli
- ★ **2** yellow peppers, sliced
- ★ **2** orange peppers, sliced
- ★ **2tbsp** soy sauce
- ★ A large handful of coriander leaves

1 Pour 600ml (20fl oz) boiling water into a pan, add the miso, ginger and garlic, then allow to gently simmer for 3-4 mins.

2 Add the soba noodles, sugar snap peas, asparagus, courgettes, broccoli and peppers to the pan, and cook for 3-4 mins, until just tender. Stir through the soy sauce and ladle everything into warm bowls. Top with the coriander leaves to serve.

“ MISO SOUP IS A POPULAR SNACK OR PART OF A MEAL IN JAPAN ”

JAPANESE

Teriyaki salmon soba noodles

A healthy and quick Asian-style dinner, served with noodles and green veg

SERVES 2
READY IN 25 mins, plus marinating

- ★ **2tbsp** soy sauce
- ★ **2tbsp** mirin (or Chinese rice wine)
- ★ **2 × 125g** (4½oz) salmon fillets
- ★ **100g** (3½oz) soba noodles
- ★ **100g** (3½oz) Tenderstem broccoli
- ★ **75g** (3oz) frozen soya beans, thawed
- ★ **1** ripe avocado, peeled and sliced

For the dressing:

- ★ **2tsp** sesame oil
- ★ **2tbsp** soy sauce
- ★ Juice **1** lime

1 Mix the soy sauce and mirin. Pour over the salmon, cover and marinate in the fridge for at least 20 mins, or overnight.
2 Mix the dressing ingredients. Heat the grill to high. Put the salmon on a foil-lined baking tray and grill for 5-6 mins until just cooked through. Meanwhile, cook the soba noodles, broccoli and soya beans in boiling water.
3 Drain, pour over the dressing and serve with the salmon, and the avocado on the side.

Prawn tempura

This tasty starter is a great way to begin your Japanese meal

SERVES 2 (as a starter)
READY IN 25 mins

Vegetable oil, for frying
12 raw king prawns, peeled with tails on

For the batter:
50g (2oz) self-raising flour
50g (2oz) cornflour
½tsp fine sea salt
150-175ml (5-6fl oz) fizzy water

For the dipping sauce:
2tbsp mirin
2tbsp soy sauce
1tbsp rice wine vinegar
1 garlic clove, crushed
2cm (¾in) ginger, peeled and grated
1tsp dark brown soft sugar
¼ red chilli, finely chopped

In a bowl, whisk the batter ingredients together; it should resemble the consistency of single cream. Add more fizzy water to loosen it if required. Add 2 ice cubes.

Put 5cm (2in) oil into a wok or frying pan over a high heat. When the oil reaches 180°C/350°F, carefully dip each prawn in batter. Cook in batches for 2-3 mins until the batter is golden. When cooked, remove the prawns with a slotted spoon and drain on kitchen paper. Repeat with the remaining prawns.

Combine all the dipping sauce ingredients; serve with the prawns.

PRAWN TEMPURA IS KNOWN AS EBI TEMPURA IN JAPANESE

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Bibimbap

KOREAN

- Bibimbap
- Korean marinated chicken with noodles
- Korean-style sirloin with soy and sesame dip
- Leg of lamb with a Korean rub
- Spicy Korean pork with pickled cauliflower
- Spicy Korean beef and shitake stew
- Kimchi stir-fry
- Korean chicken wings
- Korean-style beef soup
- Easy prawns and gochujang dipping sauce
- Chicken and kimchi noodle soup
- Baby back pork ribs with Korean sauce

Bibimbap

A traditional Korean dish that translates to 'mixed rice' – we've used a handy rice pouch to speed things up

SERVES 2
READY IN 15 mins

- **2tbsp** soy sauce
- **2tbsp** sesame oil
- **1** garlic clove, crushed
- **100g** (3½oz) mixed mushrooms
- **100g** (3½oz) Tenderstem broccoli
- **80g** (3oz) beansprouts
- **1tsp** vegetable oil
- **2 x 250g** (9oz) pouches sticky rice
- **2** medium eggs
- **1** carrot, cut into matchsticks
- **2tbsp** kimchi
- **2tbsp** sesame seeds
- Chilli oil, to serve (optional)

Combine the soy sauce, 1tbsp of the sesame oil and the garlic in a mixing bowl. Toss in the mushrooms, broccoli and beansprouts to coat.

Heat a frying pan on medium heat and add the vegetable oil. Once hot, add the mushrooms, broccoli and beansprouts; fry for 5 mins. Remove from the pan; set aside. Add the rice to the pan, pressing down with a spatula; fry for 5 mins, until the rice begins to toast and turn golden.

In a separate frying pan, heat the remaining sesame oil and fry the eggs until the whites are solid and the yolk is runny.

To serve, divide the rice between 2 bowls and top each with half of the fried veggies, the carrot, kimchi, a fried egg and sesame seeds. Drizzle with chilli oil, if liked.

" KOREAN BARBECUE IS OFTEN SERVED WITH SOJU OR KOREAN VODKA "

Korean marinated chicken with noodles

This recipe turns cheaper chicken cuts into sticky treats

SERVES 4
READY IN 1 hr 40 mins, plus marinating

- ★ **100ml** (3½fl oz) soy sauce
- ★ **3tbsp** rice wine vinegar
- ★ **2tbsp** honey
- ★ **3tbsp** chilli paste
- ★ **50g** (2oz) miso paste
- ★ **5cm** (2in) fresh ginger, finely grated
- ★ **5** garlic cloves, crushed
- ★ **2tsp** sesame oil
- ★ **8** chicken thighs
- ★ **1tbsp** sunflower oil
- ★ **2 × 150g** (5oz) packs straight-to-wok udon noodles
- ★ **½** cucumber, deseeded and sliced
- ★ Juice of **1** lime
- ★ **3** spring onions, finely sliced
- ★ Large handful of coriander leaves, chopped

1 Mix the soy, vinegar, honey, chilli paste, miso paste, ginger, garlic and sesame oil until smooth, add the chicken, mix to coat well, then leave to marinate for at least 2 hrs, or preferably overnight.

2 Heat the oven to 150°C/300°F/Gas 2. Line a roasting tin with foil and add the chicken and all the marinade. Put in the oven for 1 hr 30 mins, or until thoroughly cooked through and the skin is brown and crispy.

3 When you are ready to serve, heat the oil in a wok, add the noodles, stir-fry for 3-4 mins, remove from the heat and toss with the remaining ingredients. Serve with the chicken.

Korean-style sirloin with soy and sesame dip

This delicious marinade transforms a steak. Ask your butcher to cut thicker steaks

SERVES 4
READY IN 20 mins, plus marinating

- ★ **4** thick sirloin steaks
- ★ **2tbsp** soy sauce
- ★ **2tbsp** toasted sesame oil
- ★ **5cm** (2in) piece of ginger, grated
- ★ **2** garlic cloves

For the dip:

- ★ **4tbsp** soy sauce
- ★ **2tsp** toasted sesame oil
- ★ **2tbsp** sugar
- ★ **4tsp** rice vinegar
- ★ **2tsp** wasabi or horseradish
- ★ **3** spring onions, thinly sliced

1 Put the steaks in a shallow dish. Mix together the remaining ingredients and use to coat the steaks. Cover and marinate in the fridge for 2 hrs or overnight.
2 To make the dip, mix everything together except the spring onions (add these just before serving).
3 Barbecue the steaks to your liking and serve with the dip and an Asian noodle salad, if liked.

Leg of lamb with a Korean rub

Spicy chilli and sesame flavours give a new idea for a leg of lamb and you'll love our spicy, sticky potatoes

SERVES 6-8
READY IN 2 hrs 45 mins, plus marinating

- ★ **1** leg of lamb (part-boned), around 2½kg (5½lb)
- ★ **500g** (1lb) mini new potatoes
- ★ **2tsp** sesame oil
- ★ **3tbsp** sweet chilli dipping sauce
- ★ **1tbsp** toasted sesame seeds

For the Korean rub:

- ★ **100ml** (3½fl oz) soy sauce
- ★ **3tbsp** rice wine vinegar
- ★ **2tbsp** honey
- ★ **3tbsp** gochujang (or chilli paste)
- ★ **50g** (2oz) miso paste
- ★ **2tsp** sesame oil
- ★ **5** garlic cloves, crushed

1 Make small incisions in the flesh of the lamb. Mix together all the rub ingredients and rub into the lamb, getting the mixture right into the incisions. Cover and leave it to marinate for at least 4 hrs or overnight.

2 To roast the lamb, put it into a roasting tin double-lined with strong foil. Heat the oven to 180°C/350°F/Gas 4. Season the lamb then roast for 2 hrs 30 mins, covering after 1 hr with foil.

3 To prepare the potatoes, simply steam or boil them until tender then add the sesame oil, dipping sauce and seeds. Serve the carved lamb with the potatoes and steamed green beans.

Spicy Korean pork with pickled cauliflower

Although the ingredients list is long, the method is simple

SERVES 4
READY IN 1 hr, plus overnight marinating

For the cauliflower:
- ★ **1** cauliflower, broken into small florets
- ★ **2tbsp** sea salt
- ★ **3** garlic cloves, crushed
- ★ **2tbsp** fish sauce
- ★ **1tsp** grated ginger
- ★ **2tbsp** gochujang (or chilli paste)
- ★ **1tbsp** sugar
- ★ **3tbsp** rice vinegar
- ★ **2** medium carrots, cut into julienne strips
- ★ **4** spring onions, finely chopped

For the pork:
- ★ **6** spring onions, finely chopped
- ★ **1** onion, sliced
- ★ **4** garlic cloves, crushed
- ★ **5cm** (2in) piece ginger, grated
- ★ **70g** (2½oz) gochujang
- ★ **60ml** (2½fl oz) each sesame oil and soy sauce
- ★ **3tbsp** toasted sesame seeds, plus extra to serve
- ★ **2tbsp** rice vinegar
- ★ **600g** (1lb 5oz) pork tenderloin, sliced
- ★ **1tbsp** sunflower oil
- ★ Micro coriander, to serve

1 To make the pickle, put the cauliflower into a bowl, add the salt and cover with cold water. Leave for 30 mins then drain. Put the rest of the ingredients except the carrots and spring onions into a sauté pan and stir well. Add the cauliflower to coat then transfer to a sterilized jar with the carrots and spring onions, and seal when cold. Store in the fridge.
2 For the pork, mix everything together except the oil and leave in the fridge overnight. Heat the oil in a large sauté pan and brown the pork. Put the marinade into the pan with 3tbsp cold water. Bring to the boil, add the pork and stir. Serve, sprinkled with sesame seeds and coriander, with the cauliflower and rice.

Spicy Korean beef and shitake stew

Not authentically Korean but a hybrid recipe incorporating all that's delicious in the tastes and flavours of Korean food

SERVES 6-8
READY IN 1½hrs, plus marinating

- ★ **3tbsp** sunflower oil
- ★ **600g** (1lb 5oz) sirloin steak, trimmed and cut into small chunks
- ★ **2** leeks, sliced
- ★ **2** onions, sliced
- ★ **150g** (5oz) fresh shiitake mushrooms, torn in half if large
- ★ **50g** (2oz) dried shiitake mushrooms, soaked in warm water then drained through a sieve
- ★ **2** garlic cloves, crushed
- ★ **3tbsp** gochujang paste
- ★ **2tbsp** soy sauce
- ★ **2tbsp** toasted sesame oil
- ★ **1l** (1¾pt) rich beef stock

For the marinade:

- ★ **1** ripe pear, peeled and cored
- ★ **½** onion
- ★ **2cm** (¾in) ginger
- ★ **3tbsp** soy sauce
- ★ **2tbsp** maple syrup or honey
- ★ **2tbsp** toasted sesame oil

1 Prepare the marinade. Whizz up the pear, onion and ginger in a food processor then mix with the remaining ingredients. Heat 1tbsp of oil in a sauté pan and brown the beef over a high heat. Let it cool then mix it into the marinade, cover and leave in the fridge.

2 With some of the remaining oil, gently sweat the leeks and onions for 20 mins. Set aside. Add the last of the oil and sauté the fresh mushrooms for a few mins, then add the dried mushrooms and garlic, and cook for 5 mins. Mix in the remaining ingredients then transfer to a large pan.

3 Add the beef and the marinade to the pan, bring to the boil then simmer very gently for 1 hr or until tender. Serve with rice and greens.

Kimchi stir-fry

This Korean-inspired stir-fry uses kimchi, a dish made of fermented vegetables

SERVES 4
READY IN 35 mins

- Frylight spray oil
- **400g** (14oz) pork fillet, sliced
- **4** garlic cloves, crushed
- **2** red chillies, deseeded and chopped
- **5cm** (2in) piece ginger, peeled and grated
- **2tbsp** tamari (fermented soy) sauce
- **2tbsp** runny honey
- **1** bunch spring onions
- **½** Chinese lettuce, shredded
- **200g** (7oz) each of carrots, mooli and watermelon radish (or parsnip), spiralized into spaghetti
- **2tbsp** Thai fish sauce

1 Heat a wok sprayed with a few squirts of Frylight, add the pork and fry for 5 mins.
2 Add half the garlic and chilli, and all the ginger. Stir in the tamari and honey to coat the pork fillet slices and simmer for 10 mins.
3 Add the remaining vegetables to another sprayed wok or pan. Stir-fry for 5 mins with the rest of the garlic and chilli. Pour over the fish sauce. Turn out on to plates and serve with the pork on top.

" GOCHUJANG ADDS DEEP FLAVOUR TO KOREAN DISHES "

Korean chicken wings

Once you have mastered basic hot wings, give this flavour-packed recipe a go!

SERVES 8
READY IN 1 hr 10 mins

- ★ Sunflower oil, for shallow frying
- ★ **40g** (1½oz) plain flour
- ★ **40g** (1½oz) potato flour
- ★ **30g** (1oz) cornflour
- ★ **1tsp** baking powder
- ★ **1½kg** (3lb) chicken wings
- ★ **2tsp** toasted sesame seeds
- ★ **1** bunch spring onions, finely sliced

For the sauce:

- ★ **5** garlic cloves, crushed
- ★ **3cm** (1¼in) piece ginger, grated
- ★ **4tbsp** gochujang (or chilli) paste
- ★ **4tbsp** rice wine vinegar
- ★ **3tbsp** light brown sugar
- ★ **4tbsp** maple syrup
- ★ **1tbsp** toasted sesame oil

1 For the sauce, put all the ingredients into a small pan. Place over a medium-high heat until beginning to bubble; reduce the heat and cook, stirring, for 10 mins, or until thickened and syrupy. Remove from the heat and set aside.

2 Heat the oven to 200°C/400°F/Gas 6. Heat 2cm (¾in) depth of oil in a wok or sauté pan until hot. Meanwhile, mix together the flours, baking powder, 1tsp black pepper and 2tsp sea salt in a bowl. Add the chicken, toss to coat, then gently shake off any excess. Fry the chicken in batches for 2-3 mins on each side until very lightly browned. Remove and drain on kitchen paper.

3 Transfer the chicken to a baking tray lined with baking paper and roast for 40-50 mins until browned and crispy. Reheat the sauce, then gently toss the chicken in it to coat completely. Serve the sticky wings piled up with the sesame seeds and thinly sliced spring onions scattered over.

Korean-style beef soup

This is our favourite comfort soup – restorative and delicious!

SERVES 6
READY IN 2 hrs 20 mins, plus marinating

- **1kg** (2lb) chuck steak or other stewing beef, cut into strips
- **1** head of Chinese leaves, shredded
- **1** bunch of spring onions, sliced
- **150g** (5oz) beansprouts
- **200g** (7oz) cooked long grain or basmati rice

For the marinade:

- **3tbsp** gochujang (or red chilli paste)
- **1tbsp** each sesame oil and rice vinegar
- **3tbsp** soy sauce
- **2tbsp** sesame seeds, toasted
- **4** garlic cloves, crushed

1 Mix together all the ingredients for the marinade. Add the beef and mix well. Cover and leave to marinate for at least 30 mins or overnight.
2 Add the beef and all the marinade to a large sauté pan, and fry until the beef is coloured. Add enough water to just cover then reduce the heat to a very low simmer and cook for 2 hrs until meltingly tender.
3 To serve, bring to a boil, add the veg and rice, and heat through.

Easy prawns and gochujang dipping sauce

Get the napkins ready, this is a messy, but delicious finger food

SERVES 4
READY IN 15 mins, plus marinating

- **18-20** large, raw shell-on prawns, defrosted if frozen

For the marinade and sauce:

- **1** garlic clove, chopped
- **1cm** (½in) chunk root ginger, grated
- **2tbsp** sesame oil
- **1tbsp** soy sauce
- **4** spring onions, bases chopped, tops sliced and put in a bowl of cold water
- **1tbsp** gochujang paste
- **1tsp** demerara sugar
- **2tsp** sesame seeds
- Juice **1** lime
- Handful coriander

1 In a large bowl, mix together all the marinade and dipping sauce ingredients, until combined. Set half aside in a serving bowl, then add the prawns to the mixing bowl, tossing to coat. Marinate in fridge.
2 Heat/light a barbecue and cook the prawns for 3-4 mins each side until pink and cooked through.
3 Serve in a tray or platter, with the sauce, spring onion greens, and coriander.

Chicken and kimchi noodle soup

Eek out another meal from your Sunday roast with this spicy and comforting soup, perfect for chilly evenings

SERVES 4
READY IN 30 mins

- ★ **2** medium eggs
- ★ **2tbsp** sesame oil
- ★ **200-300g** (7-10½oz) leftover roast chicken, roughly shredded
- ★ **6** spring onions, thinly sliced, plus extra to serve
- ★ **5cm** (2in) piece ginger, peeled and finely chopped
- ★ **3** garlic cloves, finely sliced
- ★ **200g** (7oz) roughly chopped kimchi, plus about **80ml** (3fl oz) kimchi juice
- ★ **1½l** (2pt) reduced sodium chicken stock
- ★ **100ml** (3½fl oz) reduced salt soy sauce
- ★ **250g** (9oz) leafy greens, larger leaves roughly chopped (we used choy sum and pak choi)
- ★ **150g** (5oz) frozen edamame beans, or use garden peas
- ★ **200g** (7oz) dried udon or ramen noodles
- ★ Sesame seeds, to serve (optional)

1 Boil the eggs in a pot of simmering water for 8 mins. Drain and refresh under cold water, then peel and set aside.
2 Heat the oil in a large pot over medium-high heat. Add the chicken and fry for 8 mins, until slightly golden and crispy. Add the spring onions, ginger and garlic, then fry for 2-3 mins until softened. Add the kimchi, kimchi juice, stock and soy, and bring to a simmer. Add the leafy greens and edamame beans, and cook for a further 3-4 mins until tender.
3 Meanwhile, cook the noodles according to the pack instructions then drain and divide between 4 deep bowls. Divide the broth between the bowls and top each with half an egg, extra spring onions and sesame seeds, if liked.

Baby back pork ribs with Korean sauce

The umami flavours of the Korean sauce are lip-smackingly good

SERVES 4
READY IN 2 hrs, plus marinating

1½kg (3lb) baby back pork ribs

250ml (9fl oz) cider (we used Aspall)
250ml (9fl oz) apple juice
2tbsp caster sugar
1½tbsp salt
1 bay leaf
1 star anise

1 apple
½ onion, peeled, roughly chopped
1 clove garlic, peeled
3tbsp honey
4tbsp soy sauce
4tbsp gochujang (or **1tsp** dried chilli flakes)
150ml (5fl oz) tomato ketchup
3tsp sesame oil

3 plums, pips removed and finely chopped
1 bunch coriander, finely chopped
1 red chilli, sliced
1 red onion, sliced
Zest and juice of **2** limes

Heat together the cider, apple juice, sugar, salt, bay leaf and star anise. Remove from heat once the sugar has dissolved, and allow to cool. Pour over ribs in a plastic bag and seal well. Leave overnight in the fridge.

The following day, preheat oven to 160°C/320°F/Gas 3. To make the Korean sauce, blitz together all ingredients. Place ribs in a baking dish, cover with sauce and 250ml (9fl oz) boiling water. Cover with foil and bake for 1 hr. Remove, turn oven up to 220°C/425°F/Gas 7. Remove foil and return to oven for a further 30 mins, until slightly charred.

To make the plum salsa, mix all the ingredients together, season well and serve with the ribs.

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THAI

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Thai red chicken curry

Look out for Thai Taste Red Curry Paste – it has a fabulous authentic flavour and it's good value for money

SERVES 4
READY IN 35 mins

- **1tbsp** rapeseed oil
- **4** shallots, sliced
- **4** chicken fillets, cut into strips
- **2tbsp** Thai red curry paste
- **400ml** (14fl oz) tin coconut milk
- **150ml** (5fl oz) chicken stock
- **4tsp** fish sauce
- **1tsp** caster sugar
- **1** red pepper
- **200g** (7oz) baby spinach leaves
- Juice of **1** lime
- **1** small bunch basil leaves, torn
- **1** small bunch coriander, torn
- Lime wedges, to serve

1 Heat oil in a large deep frying pan and fry the shallots for a few mins, to soften. Add the chicken and fry for 5 mins to lightly brown.
2 Stir in the curry paste and cook for 1 min, then add the coconut milk, chicken stock, fish sauce and sugar. Stir to combine. Add the pepper and simmer for 15 mins.
3 Add the spinach, lime juice, basil and coriander and cook for 1 min more. Serve with rice, with lime wedges on the side.

King prawn red curry

Wonderfully fragrant and warming from the inside out

SERVES 4
READY IN 20 mins

- **3tbsp** sunflower oil
- **3** garlic cloves, peeled and sliced
- **5cm** (2in) fresh ginger, sliced
- **2tsp** paprika
- **½tsp** each chilli powder and Chinese five-spice powder
- **5** spring onions, chopped
- **2** lemongrass stalks, slit lengthways and bashed
- **1** red pepper, deseeded and sliced
- **½ -1** red chilli, deseeded and sliced
- **1tbsp** tomato ketchup
- **450g** (1lb) raw king prawn tails
- **3-4** kaffir lime leaves (or zest of **1** lime)
- **165ml** (5½fl oz) tin coconut milk
- **100g** (3½oz) beansprouts
- **1tbsp** Thai fish sauce
- Handful Thai basil leaves
- Thai sticky rice and lime halves, to serve

1 Heat the oil in a wok and fry the garlic, ginger, ground spices and spring onions for just a min.
2 Add the lemongrass, red pepper, chilli, ketchup and prawns. Stir-fry for a few mins.
3 Add the kaffir lime leaves or zest and the coconut milk and lower the heat to a simmer for 5 mins.
4 Add the beansprouts and simmer for 1-2 mins. Take out the lemongrass. Splash in the fish sauce. Scatter with basil leaves and serve with the lime halves and rice.

"KAENG PHET OR SPICY CURRY IS FROM CENTRAL THAILAND"

Sesame fishcakes

A great meal for midweek, this has delicious Thai flavours

SERVES 6
READY IN 1 hr

- **500g** (1lb) frozen pollock fillets, defrosted and chopped
- **1** lemongrass stick, finely chopped, or finely grated zest of **1** lemon
- **2** garlic cloves, crushed
- Finely grated zest of **1** lime
- **1** red chilli, deseeded and chopped
- **2½cm** (1in) root ginger, finely grated
- **2tbsp** light soy sauce

To coat:

- **1** egg white, lightly beaten
- **5tbsp** plain flour
- **100g** (3½oz) sesame seeds
- Oil, for deep frying
- Sweet chilli sauce, to serve

1 Tip the pollock on to a tray lined with kitchen paper. Cover it with kitchen paper and pat to remove excess moisture.
2 Tip the fish into a food processor, add the lemongrass or lemon zest, garlic, lime zest, chilli, ginger and soy sauce. Blitz to blend the fish to make a smooth consistency.
3 Line another tray with baking paper, take 18tbsp of the mixture and shape into balls. Flatten slightly to make mini fishcakes.
4 Put the egg white into a small, shallow dish and scatter the flour and sesame seeds on to a tray.
5 Dip the fishcakes into the egg white, then the flour and sesame seeds, turning to cover. Chill for 20 mins or longer.
6 Heat the oil in a deep-fat fryer to 180°C/350°F. Fry 6 fishcakes at a time for about 6 mins, until they're golden and cooked through. Serve with sweet chilli sauce.

Thai beansprout salad

This fresh and crunchy salad makes a great side

SERVES 6
READY IN 15 mins

- **300g** (10oz) beansprouts, rinsed
- **4** carrots, cut into matchsticks
- **½** a cucumber, cut into matchsticks with a julienne peeler
- **4** spring onions, cut into matchsticks
- **1** red pepper, deseeded and cut into matchsticks
- **2tbsp** mint leaves

For the dressing:

- **2tbsp** Thai fish sauce
- Juice of **1** lime
- **1tbsp** caster sugar
- **90g** (3oz) salted roasted peanuts

1 Put the beansprouts, carrots, cucumber, spring onions, red pepper and mint leaves in a sealable box. Stir to combine and chill until needed.
2 To make the dressing, pour the Thai fish sauce, lime juice and sugar into a small jar and seal.
3 At the last min, shake the dressing and pour over the salad. Toss to combine and top with the peanuts and serve alongside fishcakes, if liked.

"BEANSPROUTS ARE A COMMON INGREDIENT IN ASIAN CUISINE"

Thai vegetable curry

A vegetable version of the traditional Thai red curry

SERVES 4
READY IN 35 mins

- **3tbsp** sunflower oil
- **1** butternut squash, peeled, deseeded and cut into chunks
- **400ml** (14fl oz) tin reduced-fat coconut milk
- **3tbsp** Thai red curry paste
- **2tbsp** Thai fish sauce
- **1tbsp** sugar
- Juice of **1** lime
- **4** kaffir lime leaves or finely grated zest of **2** limes
- **300g** (10oz) fine beans
- **410g** (14oz) tin baby corn on the cob, drained
- **200g** (7oz) tin bamboo shoots, drained

1 Heat the oil in a large casserole, add the butternut squash, coconut milk, curry paste, Thai fish sauce, sugar, lime juice and leaves or grated lime zest. Cover and simmer for 15 mins.
2 Add 5tbsp water, the beans, baby corn on the cob and bamboo shoots. Cook for 5 mins, until all the vegetables are tender.
3 To make it ahead, chill and warm through in a covered casserole, adding a little more water, if needed, to keep it moist.

Green vegetable stir-fry

With plenty of garlic and oyster sauce, Thai stir-fried greens make a tasty accompaniment to your main meal

SERVES 1
READY IN 25 mins

- **2tbsp** sunflower oil
- **300g** (10oz) Tenderstem broccoli, trimmed
- **200g** (7oz) sugar snaps, trimmed
- **350g** (12oz) pak choi or greens
- **2** garlic cloves, crushed
- **3tbsp** oyster sauce

1 Heat the oil in a large wok or frying pan and add the broccoli, stir-fry for 2 mins, then add 3tbsp water.

2 Add the sugar snaps, cook for 2 mins, then stir in the pak choi or greens. Stir-fry for 2 mins, then add the garlic, oyster sauce and another 2tbsp water. Cook for 2 more mins, until the greens are just tender.

3 If you want to get ahead, stir-fry to cook, then cool and chill until needed. Microwave on high for 5 mins to serve.

Green chicken and coconut rice

Jasmine or Thai rice is fragrant and slightly sticky. Serve with curry

SERVES 4
READY IN 45 mins

For the rice

- **300g** (10oz) jasmine rice
- **200ml** (7fl oz) reduced-fat coconut milk

For the chicken:

- **1½tbsp** sunflower oil
- **3** chicken breasts, skinned and chopped
- **2tbsp** Thai green curry paste
- **2** bananas, peeled and chopped
- Banana leaves, for serving or use a serving dish
- Coriander and lime wedges, to serve

1 To cook the rice, pour the rice, coconut milk and 350ml (12fl oz) water into a saucepan with a pinch of salt and bring to the boil. Reduce the heat to a low simmer, cover and cook for 15-20 mins until the liquid has been absorbed and the rice is tender.

2 To cook the chicken, heat the oil in a pan, add the chicken and cook for 2-3 mins, stirring occasionally until lightly coloured. Add the curry paste and cook for a further 2-3 mins. Add 150ml (5fl oz) boiling water to the pan, then simmer gently for 10 mins.

3 Add the bananas to the pan and simmer for 5 to 10 mins, until the chicken is cooked through and the bananas have softened slightly.

4 Spoon the rice and chicken mixtures into banana leaf dishes, if you like, or serving bowls. Serve immediately, sprinkled with a few coriander leaves and a lime wedge on the side. The cooled green chicken mix can be frozen in a freezer bag for up to 1 month. Defrost before reheating.

"BANANA LEAVES OR BAI TONG ARE OFTEN USED IN THAI CUISINE TO WRAP FOOD IN"

Green Thai curry

Usually made with chicken, this mixed veg version is just as delicious

SERVES 4
READY IN 30 mins

- **2tsp** sunflower oil
- **200g** (7oz) baby aubergine, quartered
- **250g** (9oz) mixed veg (eg, asparagus, baby corn, pak choi)
- **400ml** (14fl oz) tin half-fat coconut milk
- **1-2tsp** fish sauce
- Juice of **1-2** limes

For the curry paste:

- **2** lemon grass sticks, roughly chopped
- **1** red and **1** green chilli, roughly chopped
- **1** onion, roughly chopped
- **5cm** (2in) piece ginger
- **3** garlic cloves
- **1tsp** ground coriander
- **2tsp** fish sauce
- **2tsp** palm sugar or honey
- Large handful fresh coriander

To serve:

- **2tbsp** toasted coconut, **1** red chilli, sliced, and some extra fresh coriander leaves

1 Put 1tsp sunflower oil in a food processor with all the curry paste ingredients and whizz to a fine paste.
2 Heat the remaining oil in a wok or large frying pan and cook the paste until fragrant. Add the aubergine, coat well and cook for 3-4 mins until starting to soften. Add the remaining vegetables and continue cooking for 2-3 mins.
3 Pour in the coconut milk and bring to the boil, then reduce the heat and simmer the sauce for 5-6 mins, until the vegetables are tender. Add fish sauce and fresh lime juice to taste. Serve topped with the toasted coconut, sliced red chilli and coriander.

Som tam salad

This spicy Thai papaya salad is a staple on most menus

SERVES 2
READY IN 20 mins

- **1** large garlic clove, chopped
- **1** red chilli, finely chopped
- **1tbsp** palm sugar or soft brown sugar
- **½tbsp** shrimp paste (optional)
- Juice of **1** lime
- **1tbsp** fish sauce
- **1** large green papaya, peeled and shredded
- **½** white cabbage,
- **10** cherry tomatoes, halved
- **50g** (2oz) green beans, cut into small lengths
- **2tbsp** roasted peanuts, chopped

1 Grind the garlic and chilli in a pestle and mortar until finely ground, then add in the sugar, shrimp paste, if using, and lime juice. Taste to check the balance and season generously with salt and and freshly ground black pepper.
2 Toss this dressing with the rest of the ingredients, apart from the peanuts, in a large bowl until mixed, then sprinkle with the nuts to serve.

"THIS SWEET AND SOUR SALAD GETS ITS NAME BECAUSE SOM MEANS SOUR"

Thai-style mussels

This sweet and spicy broth is ideal for mussels

SERVES 4 as a main course or 6 as a starter
READY IN 20 mins

- **1tbsp** sunflower or vegetable oil
- **2tbsp** Thai red curry paste
- **1** red chilli, finely chopped
- **1** green chilli, finely chopped
- **6** spring onions, sliced
- **2 x 400ml** (14fl oz) tins reduced-fat coconut milk
- **200g** (7oz) sugar snap peas
- **1¼kg** (2lb 12oz) fresh mussels, cleaned, and any open or broken mussels discarded
- **25g** (1oz) coriander, roughly chopped
- Juice **1** lime

1 Heat a large saucepan or wok on a high heat. Add the oil, curry paste, half the chillies and half the spring onions, then stir-fry for 2-3 mins.

2 Add the coconut milk and slowly bring to the boil. Add the sugar snaps, mussels and half the coriander. Stir well, cover with a lid and turn down the heat. Allow to steam for 3-5 mins until the mussels have opened. Discard any that remain closed.

3 Squeeze over the lime juice and scatter with the remaining chillies, coriander and spring onions. Divide the mussels between 4 bowls and ladle over the coconut broth. This is delicious served with bowls of steamed jasmine rice.

Vegetable spring rolls

A no-fuss, healthy and more-ish lunch!

MAKES 6
READY IN 15 mins

- ★ **25g** (1oz) dried rice vermicelli noodles
- ★ **1** carrot, cut into matchsticks
- ★ **½** small cucumber, cut into matchsticks
- ★ **1** red pepper, cut into matchsticks
- ★ **1½** spring onions, thinly sliced
- ★ **6** circular rice-paper discs
- ★ **2tbsp** mint leaves
- ★ **2tbsp** coriander leaves
- ★ **1½tsp** brown sugar
- ★ **1tbsp** lime juice
- ★ **1tbsp** Thai fish sauce
- ★ **½** small red chilli, diced

1 Put noodles in a bowl, cover with boiling water and leave for 5 mins.
2 Combine carrot, cucumber, red pepper and spring onions. Stir through the drained noodles.
3 Dip each rice-paper disc into a bowl of hot water for 10 secs until soft. Lay a disc on a board and place some noodle mix in the centre, top with mint and coriander leaves, fold in the edges and roll up. Repeat until all the discs and filling is used up.
4 To make the dipping sauce: mix the sugar, lime juice, fish sauce and chilli. Serve alongside the rolls.

"THAI SPRING ROLLS ARE NOT DEEP-FRIED AND ARE MADE WITH RICE PAPER"

Prawn pad Thai

Rice noodles and tender prawns turn this pad Thai into a mouth-watering meal

SERVES 2
READY IN 30 mins

- **125g** (4½oz) dried medium flat rice noodles
- **2tsp** light soft brown sugar
- **5tsp** fish sauce
- **4tsp** tamarind paste
- A pinch of crushed dried chillies
- **1tbsp** sunflower oil
- **1** egg, beaten
- **1** shallot, peeled and chopped
- **150g** (5oz) peeled raw king prawns
- **3** spring onions, trimmed and sliced
- **60g** (2½oz) beansprouts
- **60g** (2½oz) mangetout, cut into strips
- **30g** (1oz) roasted salted peanuts, crushed
- **2tbsp** chopped fresh coriander
- **2** limes, sliced

1 Soak the rice noodles in boiling water for 15 mins, until just soft. Drain, rinse and set aside.

2 Meanwhile, in a small bowl, mix the sugar, fish sauce, tamarind paste, chillies and 2tsp water.

3 Heat ½ the oil in a wok, add the egg, and let it scramble. Tip it out onto a plate. Heat the rest of the oil, add the shallot and prawns and cook for 1-2 mins.

4 Add the noodles. Add the dressing and simmer for a few secs until absorbed. Add the spring onions, beansprouts and mangetout, and warm through. Add the scrambled egg and sprinkle in ½ the peanuts and ½ the chopped coriander.

5 Serve garnished with the remaining nuts and coriander, with lime cheeks to squeeze over.

Pad Thai pancakes

Usually sweet and sour, this is a lower sugar version of the Thai classic

SERVES 4
READY IN 45 mins

For the pancakes:
- **50g** (2oz) plain flour
- **1** egg
- **150ml** (5fl oz) coconut milk
- **150ml** (5fl oz) almond milk
- Oil, for frying

For the filling:
- **100g** (4oz) Thai rice noodles
- **1tsp** caster sugar
- **2tsp** tamarind paste
- **2-3tbsp** fish sauce
- Juice **1** lime
- **2tbsp** vegetable oil
- **300g** (10oz) pack vegetable stir-fry
- **300g** (10oz) raw tiger prawns
- **50g** (2oz) gluten-free salted peanuts, chopped
- **4tbsp** chopped fresh coriander leaves
- Lime wedges and sweet chilli sauce, to serve

1 To make 8 pancakes, sift the flour and a pinch of salt into a bowl, add the egg and a ⅓ of the coconut and almond milk. Beat well, gradually adding the rest. Pour 2tbsp of mixture into a 20cm (6in) oiled pan and fry the pancakes over a medium heat; keep warm.
2 Soak the noodles in a bowl of boiling water for 5-10 mins, then mix the sugar, tamarind, fish sauce and lime juice, to make a dressing.
3 Add 1tbsp of the oil to a wok and cook the veg for about 5 mins, add the drained noodles and dressing to warm through. Divide the mixture between the pancakes.
4 Heat the rest of the oil and fry the prawns for a few mins until they turn pink all over. Add to the pancakes, along with peanuts and coriander. Roll up and serve with the lime and chilli sauce.

Chicken pad Thai

For noodle lovers, this one is ready in a flash, a hearty and filling stir-fry that won't disappoint

SERVES 2
READY IN 35 mins

- **180g** (6oz) flat rice noodles
- **2tbsp** groundnut or vegetable oil
- **50g** (2oz) peanuts
- **1** large chicken breast, cut into small chunks
- **3** banana shallots, finely sliced
- **2** garlic cloves, crushed
- **2** medium eggs, lightly beaten
- **2tsp** light soy sauce
- **100g** (3½oz) beansprouts
- **4** spring onions, finely sliced
- Small bunch coriander, chopped
- Lime wedges and chilli, to serve

For the sauce:

- **2tbsp** tamarind paste
- **2tbsp** soft light brown sugar
- **1tbsp** fish sauce
- **1tbsp** sweet soy sauce (ketjap manis)
- **¼tsp** chilli powder (optional)

1 Soak the noodles in warm water for 15 mins until softened. Drain and set aside. Meanwhile, heat the oil in a wok or large frying pan over a medium-high heat. Add the peanuts and fry for 4-5 mins until golden. Remove with a slotted spoon, leaving the oil behind. Set aside to cool, then finely chop.

2 Add the chicken to the pan and cook, turning once or twice, for about 8 mins until cooked through, then set aside.

3 Add the shallots and garlic to the pan and fry for 2 mins, until softened.

Cook's tip

Swap the chicken out for more veg, such as peppers, and watercress

4 Beat the eggs with the light soy sauce. Push the shallots and garlic to one side of the pan and add the eggs. Cook for 1 min, scrambling, then add the cooked chicken, drained noodles, sauce ingredients, beansprouts, and most of the spring onions and coriander.

5 Cook, tossing, for 2-3 mins until everything is piping hot, then divide between 2 bowls. Top with the remaining coriander, the chopped peanuts and chilli, and serve with lime wedges on the side.

Thai-style meatballs

Whizzing everything in a blender makes these tasty morsels a doddle to make

SERVES 4
READY IN 30 mins

- **3tbsp** Thai red curry paste
- **500ml** (17fl oz) chicken stock
- **400ml** (14fl oz) coconut milk
- **1tbsp** fish sauce
- **2tbsp** soy sauce
- Juice ½ lime, the remainder cut into 4 wedges, to serve
- **400g** (14oz) vermicelli rice noodles
- **1tbsp** sunflower or vegetable oil
- **4tbsp** crispy onions, to serve (optional)
- **1** red chilli, sliced, to serve (optional)

For the meatballs:

- **5** skinless, boneless chicken thighs (about 500g/1lb)
- **2** garlic cloves, peeled and roughly chopped
- **2cm** (¾in) ginger, peeled, roughly chopped
- Small bunch coriander, plus extra leaves to garnish
- **1** stalk lemongrass (outer layer removed), roughly chopped
- **Zest 1** lime

1 Put all the meatball ingredients in a blender. Season with a little fish sauce or salt, then whizz until smooth. Shape into 16 golf ball-sized portions, then transfer to a lined baking tray; cover and chill.

2 Meanwhile, for the broth, put the curry paste, stock, coconut milk, fish sauce, soy sauce and lime juice in a medium pan. Bring to the boil, then simmer for 5 mins.

3 Cook the noodles according to the pack instructions.

4 Put the oil in a large frying pan set on a medium heat. Fry the meatballs for 10-15 mins, turning occasionally; ensure the sides are evenly browned and fully cooked through.

5 Divide the noodles and meatballs between 4 deep bowls, then pour over the broth, garnish with coriander leaves and serve with lime wedges, crispy onions and chilli, as liked.

Chicken massaman curry

This is full of spicy flavours but isn't too chilli hot

SERVES 4
READY IN 45 mins

- **1tbsp** oil
- Massaman curry paste (use the quantity as instructed on the pack)
- **500g** (1lb) boned and skinned chicken thighs, evenly diced
- **2** medium potatoes, peeled and diced
- **1** red pepper, cut into 1cm (½in) strips
- **1** red onion, cut into 1cm (½in) strips
- **2cm** (¾in) piece of fresh ginger, peeled and grated
- **450ml** (15fl oz) coconut cream
- **1tbsp** Thai fish sauce
- **1tbsp** palm sugar or light brown sugar
- **200g** (7oz) tinned water chestnuts, drained
- Thai basil, to serve

1 Heat the oil in a large sauté pan. Add the curry paste and fry, stirring all the time until it becomes fragrant and aromatic, around 2-3 mins. Add the chicken, potatoes, pepper, onion and ginger and stir well, coating them completely in the paste. Cook for about 5 mins before adding the coconut cream, fish sauce and sugar. Simmer gently on a low to medium heat for 25-30 mins, or until the chicken and potatoes are cooked through.
2 Just before serving, add the water chestnuts and Thai basil. Serve with rice.

Thai beef and noodles

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SERVES 4
READY IN 15 mins

- **2 × 200g** (7oz) sirloin steaks
- Sesame oil for rubbing
- **275g** (10oz) pack cooked rice noodles
- ¼ cucumber, deseeded and cut into half moons
- **250g** (9oz) cherry plum tomatoes, halved
- **6** spring onions, finely sliced
- Handful Thai (or regular) basil leaves, torn, plus extra to serve
- Handful coriander leaves, chopped, plus extra to serve
- Handful fresh mint leaves, chopped, plus extra to serve
- **1** baby gem lettuce, leaves separated
- **30g** (1oz) peanuts, chopped to serve (optional)

- **4tbsp** sesame oil
- **½-1** red chilli, finely chopped (the rest sliced to serve, optional)
- **2tsp** palm sugar or demerara
- Juice **2** limes, plus extra wedges to garnish
- **2tsp** fish sauce

Take the steaks out of the fridge 10 mins ahead of cooking. Heat a frying pan or griddle pan until hot. Rub the steaks with sesame oil, then sear for 3-4 mins on each side or until cooked to your liking. Set aside to rest.

Meanwhile, toss the noodles and remaining salad ingredients in a large bowl or on a platter.

Mix together the dressing ingredients in a jar or whisk in a bowl. Toss most of the dressing with the salad. Slice the steak thinly, then arrange on top of the noodles and veg and drizzle over the remaining dressing.

Serve on the platter or on plates with the extra herbs and nuts, if using.

Thai chicken salad

Any leftovers will be delicious for lunch the next day, when the flavours have the chance to really infuse together

SERVES 4
READY IN 30 mins

- **3** large carrots
- **1** large cucumber
- **½** white cabbage, shredded
- **2** little gem lettuces, shredded
- **½** red onion, very finely sliced
- **3** cooked chicken breasts or equivalent weight of turkey, shredded
- **100g** (3½oz) peanuts, toasted
- Large handful coriander leaves

For the dressing:

- **2tbsp** Thai fish sauce
- **2tbsp** sweet chilli sauce
- **2tbsp** rice vinegar
- **2tsp** grated ginger
- Juice **1** lime, plus extra wedges, to serve

1 To make the salad, peel the carrots and cucumber with a ribbon peeler, then drag it lengthways to make long ribbons of the flesh. Stop when you get to the lighter centre of the carrot, and the seeds of the cucumber. Toss the ribbons with the white cabbage, little gem, red onion and chicken.
2 To make the dressing, mix all the ingredients together, then pour this over the salad. Toss through most of the peanuts and most of the coriander. To serve, place in bowls with the remaining peanuts and coriander scattered over, and lime wedges on the side.

THAI CHICKEN SALAD ALSO WORKS WELL WITH A PEANUT DRESSING

Chiang Mai beef curry

The kaffir lime leaves bring a citrus aromatic flavour to this curry

SERVES 3
READY IN 20 mins

- **6** baby sweetcorn, halved
- **100g** (3½oz) green beans, halved
- **1tbsp** vegetable oil
- **1** onion, chopped
- **2** garlic cloves, chopped
- **2tbsp** yellow Thai curry paste
- **250g** (9oz) sirloin steak, fat trimmed, cut into strips
- **1** red pepper, deseeded, sliced
- **8** kaffir lime leaves
- **1tsp** brown sugar
- **2tbsp** black bean sauce
- Juice of **1** lime
- **4tsp** Thai fish sauce
- **12** Thai basil leaves
- **8** mint leaves, sliced

1 Plunge the sweetcorn and green beans into a pan of boiling water for 2 mins to soften slightly and then drain them.

2 Heat a large wok with the oil, then add the onion and garlic and cook for a couple of mins.

3 Add the curry paste and fry for 2 mins, stirring. Push the onion mixture to one side.

4 Increase the heat, add the beef strips and cook for 2 mins to brown.

5 Add the red pepper, beans and corn, and mix well. Stir in the lime leaves, sugar, black bean sauce, lime juice, fish sauce and 100ml (3½fl oz) water, or more if you like a good sauce. Bring to a simmer for a couple of mins.

6 Season with black pepper, then sprinkle on the basil and mint.

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Pork belly
banh mi

VIETNAMESE

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Baked Vietnamese prawn spring rolls

Traditionally deep-fried, these crispy baked appetisers are a real crowd-pleaser

SERVES 1
READY IN 25 mins

- **75g** (3oz) butternut squash noodles (or make your own with a julienne peeler or spiralizer)
- **30g** (1oz) courgette, cut into thin strips
- **2** spring onions, cut in half and finely shredded
- **6** king prawns, cut in half horizontally
- **½tsp** soy sauce
- **½tsp** rice wine vinegar
- **3** spring roll wrappers (from a 134g/5oz Blue Dragon pack)
- Few squirts Frylight oil
- Few fresh mint leaves, parsley or coriander, to garnish
- **1tsp** hoisin sauce

Heat the oven to 220°C/425°F/Gas 7. Put the butternut noodles, courgette, spring onions and prawns into a bowl with the soy sauce and vinegar and toss well to coat. Season with black pepper.

Dip the spring roll wrappers in warm water for 10-20 secs until just soft and lay out on a board. Put a third of the ingredients on one end of the wrapper and roll up, encasing the filling and tucking in the edges as you roll. Spray a few times with Frylight and place on a rack set over a baking tray. Bake for 15-20 mins, turning once until crispy. Serve with the herbs and the hoisin sauce.

Vietnamese chicken congee

Cháo Gà is Vietnamese chicken porridge typically served as a savoury breakfast with cooked chicken

SERVES 4
READY IN 1 hr 20 mins

- ★ **1** small chicken, about 1¼kg (2¾lb)
- ★ **6** whole spring onions, trimmed
- ★ **2** x thumb-sized pieces of fresh ginger
- ★ **150g** (5oz) Thai jasmine rice

To garnish:

- ★ Finely chopped spring onions (white and green parts)
- ★ Fresh coriander leaves
- ★ Coarsely chopped dry-roasted peanuts
- ★ Crispy fried shallots

1 Bring a large pan of water to the boil. Add the chicken (so it's just covered by the water), the spring onions, 1 whole piece of ginger, crushed, and 1tbsp sea salt. Bring back to the boil (not a rolling boil) and cook for 15 mins. Take off the heat, cover the pan and let it stand for 30 mins or longer. Take out and leave until cool enough to handle.

2 Meanwhile, rinse the rice well under cold running water. Put it in a pan with 2l (3½pt) of the strained cooking liquid. Add the remaining piece of ginger, cut into thick slices. Bring to the boil over a high heat, lower to a simmer, and cook, uncovered, for about 40 mins. The rice will have broken down to a porridge. Season with salt.

3 Take the meat off the chicken, shredding it with your fingers. Put it in a serving bowl.

4 Put garnishes in separate bowls. Ladle hot congee into warm bowls, top each with a handful of chicken and grind ground black pepper over. Hand round garnishes for everyone to help themselves.

Vietnamese bouillabaisse

This fish stew swaps the traditional French saffron and monkfish for Asian flavours

SERVES 4
READY IN 1 hr 25 mins

- **1tbsp** sunflower oil
- **1 large** shallot, finely chopped
- **3** garlic cloves, crushed
- **2½cm** (1in) piece ginger, finely grated
- **1** cinnamon stick
- **2** star anise
- **3** cloves
- **1tsp** fennel seeds
- **¾tsp** coriander seeds
- **8** black peppercorns
- **1l** (1¾pt) fish or chicken stock
- **1tbsp** Thai fish sauce
- **3tbsp** tomato purée
- **1tsp** light brown sugar
- **200g** (7oz) carrots, peeled and cut into thin fingers
- Juice from **1** lime
- **8** whole large king prawns
- **500g** (1lb) mussels, cleaned and de-bearded
- **500g** (1lb) hake fillets, cut into chunks
- **350g** (12oz) pak choi, stalks separated and trimmed
- Coriander leaves, to garnish
- Toasted bread, for dipping
- Garlic mayo with saffron, to serve

You will need:
- Muslin and butcher's string

1 Heat the oil in a large, heavy-based pan over a medium heat. Add the shallot and fry for 2 mins before adding the garlic and ginger. Cook for 5 mins. Meanwhile, wrap the cinnamon stick, star anise, cloves, fennel seeds, coriander seeds and black peppercorns in a small square of the muslin; secure it into a little bag with the butcher's string and add to the pan.

2 Add the stock, fish sauce, tomato purée and sugar, then mix well and bring to the boil. Partially cover and simmer gently for 30-60 mins. Add the carrots and simmer for another 10 mins.

3 Stir in the lime juice, prawns and mussels. Carefully add the hake. Cover with a tight-fitting lid, turn up the heat to medium-high and cook for 3 mins, then quickly add the pak choi. Cover again and cook for 2 more mins or until the mussel shells have opened and the prawns and hake are cooked through. Garnish with the coriander leaves and serve with toasted bread and mayo.

Vietnamese spring rolls

Super light and fresh, these Vietnamese-style rolls would make a perfect starter or afternoon snack

SERVES 6
READY IN 20 mins

- ★ **12** spring roll wrappers (by Blue Dragon)
- ★ **12** large mint leaves
- ★ **12** large coriander leaves
- ★ **300g** (10oz) cooked crayfish
- ★ **½** cucumber, peeled, deseeded and cut into matchsticks
- ★ **160g** (5½oz) mango, sliced

For the dipping sauce:

- ★ **1tbsp** each soy sauce, sesame oil and Thai fish sauce
- ★ Juice of **2** limes

1 Prepare the wrappers as per the pack instructions. Lay them out on a damp clean tea towel, add the leaves, crayfish, cucumber and mango, and roll up. Mix together the dipping sauce ingredients and serve in a bowl alongside the rolls.

"SPRING ROLLS WERE ORIGINALLY FILLED WITH SPRING VEG, WHICH IS WHERE THEY GET THEIR NAME FROM"

Tofu and mushroom bun cha

This Vietnamese dish is usually served with fatty pork. We've swapped in crispy tofu and mushrooms

SERVES 4
READY IN 30 mins

- **280g** (10oz) firm tofu
- **300g** (10½oz) oyster mushrooms
- **3tbsp** vegetable oil
- **200g** (7oz) beansprouts, rinsed
- **200g** (7oz) vermicelli rice noodles
- **2** carrots, grated
- **2** baby gem lettuces, shredded
- Small bunch coriander, roughly chopped
- Small bunch mint, leaves picked
- **2** spring onions, sliced

For the glaze

- **2** garlic cloves, crushed
- **4cm** (1½in) ginger, grated
- **2tbsp** honey
- **2tbsp** sesame oil

For the noodle sauce

- **100ml** (3½fl oz) fish sauce
- **2** garlic cloves, crushed
- **1** chilli, finely chopped
- **2tsp** soft brown sugar
- Juice **2** limes
- **200ml** (7fl oz) water

1 Cook the tofu in a pan of boiling water for 10 mins. Drain on a piece of kitchen paper and set aside to cool.

2 In a large bowl, combine all the glaze ingredients. Brush the mushrooms with oil and fry over a medium-high heat for 3 mins each side. Toss with half the glaze, then fry for a further 3 mins each side.

3 Slice the tofu then fry/glaze as you did for the mushrooms. Set aside, then in the same pan, fry the beansprouts for 3 mins.

4 Meanwhile, combine the ingredients for the sauce in a bowl and cook the noodles according to the pack instructions. Toss the noodles in any remaining glaze.

5 Divide the noodles between bowls, drizzle with sauce, then top each bowl with the mushrooms, tofu, beansprouts, carrot and lettuce. Add the herbs and spring onions, and serve straight away.

Pork belly banh mi

Crunchy pickled veg in a baguette with loads of filling and flavour

SERVES 4
READY IN 1 hr 20 mins

- **4** thick slices pork belly

For the pickled veg:
- **100ml** (3½fl oz) rice wine vinegar
- **2tsp** caster sugar
- **½tsp** salt
- **2tsp** ginger, grated
- **1** carrot, sliced thinly
- **½** cucumber, peeled into ribbons

For the sandwich:
- **100ml** (3½fl oz) soy sauce
- **100ml** (3½fl oz) sweet chilli sauce
- **1** garlic clove, crushed
- **1** long baguette, cut into 4

To serve:
- Mayonnaise
- Shredded lettuce
- Bunch each coriander and Thai basil
- Zest and juice of **2** limes
- **1** red or green chilli, finely sliced

1 Preheat the oven to 180°C/350°F/Gas 4. Lay the pork belly slices on a baking tray and bake for 35-40 mins until cooked through.
2 Meanwhile, make the pickle. Combine the rice wine vinegar, caster sugar, salt, ginger, carrot and cucumber in a bowl. Leave to stand for 30 mins to marinate.
3 In a bowl, mix together the soy sauce, sweet chilli sauce and garlic. Pour this over the belly slices and return to the oven to cook for 5 mins. Remove from the oven and allow to cool slightly before cutting into 2cm (¾in) chunks.
4 Slice the baguette lengthways, spread with mayonnaise and add the lettuce and half the herbs. Top with the meat (whole pieces or slices), pickled veg, lime zest and juice, then scatter the remaining herbs and chilli over to serve.

Chicken pho

Try our twist on pho, a Vietnamese broth traditionally made with pieces of meat, beansprouts, herbs and rice noodles

SERVES 1
READY IN 10 mins

- **300ml** (10fl oz) vegetable stock
- 1 star anise
- **2½cm** (1in) piece of ginger, peeled and finely sliced
- **1** garlic clove, peeled and finely sliced
- Small handful fresh coriander, stalks chopped and any leaves reserved
- **1tsp** soy sauce
- **75g** (2½oz) cooked chicken, sliced
- **150g** (5oz) butternut squash noodles
- **50g** (2oz) mushrooms, sliced
- Lime wedge
- **½tsp** hot chilli sauce or ½ fresh red chilli, finely sliced
- **½-1tsp** fish sauce

Put the stock in a medium pan with the star anise, ginger, garlic, coriander stalks and soy. Bring to the boil, then turn down the heat and simmer for 5 mins to infuse.

Add the chicken, noodles and mushrooms and heat for 2 mins. Serve with the lime, chilli sauce coriander leaves and fish sauce.

Vietnamese rice noodle salad

A quick noodle salad to put together that's packed with flavour. It's fresh and zingy!

SERVES 8 as part of a spread
READY IN 35 mins

- **200g** (7oz) vermicelli rice noodles
- **150g** (5oz) cooked/leftover red cabbage (if you have it)
- **150g** (5oz) red cabbage, sliced
- **3** small cucumbers, thinly sliced into rounds on an angle
- **2** carrots, peeled and ribboned
- **1** mango, peeled and cut into strips
- **100g** (3½oz) roasted peanuts, to serve
- **3** spring onions, sliced, to serve

For the dressing:

- **15g** (½oz) bunch mint, finely chopped
- **15g** (½oz) bunch coriander, finely chopped
- **1** stalk lemongrass, outer leaves discarded and inner finely chopped
- **100ml** (3½fl oz) fish sauce
- Zest and juice **3** limes
- **2tbsp** brown sugar
- **1tbsp** olive oil
- **1** red chilli, sliced, reserve a few slices for garnish (optional)

1. Cook the rice noodles according to the packet instructions. Drain and set aside.
2. In a large bowl, whisk together the dressing ingredients. Then toss through the noodles, veg and fruit. Spread onto a serving platter and top with the roasted peanuts, sliced spring onions and a few slices of chilli, if using, to serve.

Vietnamese chicken and sweet potato curry

This fragrant coconut curry is a satisfying meal in a bowl – it's bursting with flavour and so easy to make, too!

SERVES 6
READY IN 35 mins

- **2tbsp** rapeseed oil
- **3tbsp** Thai green curry paste
- **800g** (1lb 12oz) skinless chicken thighs, cut into chunks
- **1** onion, chopped
- **2tsp** garlic, crushed
- **2tsp** smoked sliced chillies
- **3tbsp** Thai fish sauce
- **1tbsp** sugar
- **2tsp** lemongrass paste
- **2½cm** (1in) ginger, peeled, grated
- **300ml** (10fl oz) chicken stock
- **400ml** (14fl oz) tin coconut milk
- **2** sweet potatoes, cut into chunks
- **1** bunch coriander
- **1** bunch basil

1 Heat oil in a large pan, add the Thai curry paste and chicken. Cook for a few mins, turning to seal.

2 Add the onion and cook for a few mins, to soften. Stir in the garlic, chillies, Thai fish sauce, sugar, lemongrass and ginger.

3 Tip in the chicken stock, coconut milk and sweet potatoes. Simmer for 20 mins.

4 Reserve a few coriander leaves. Put the remaining basil leaves and coriander leaves into a blender with 3 ladles full of curry liquid. Whiz to combine to make a bright green herby liquid.

5 Pour the herby mixture into the curry, stir to combine. Serve in bowls with rice. Top with coriander.

6 You can cool and freeze after step 3. To serve, warm through at 150°C/300°F/Gas 3 from frozen for 1 hr.

"FRESH HERBS ARE A HUGE PART OF THE HEALTHY VIETNAMESE CUISINE"

Vietnamese-style chicken and noodles

The sweet and salty dressing makes this dish sing

SERVES 4
READY IN 30 mins

- **200g** (7oz) vermicelli rice noodles
- **2tsp** oil
- **2** chicken breasts, cut in half horizontally to make 4 thin fillets
- **30ml** (1fl oz) soy sauce
- **2tbsp** honey
- **1** red chilli, finely chopped
- Juice **1** lime
- **2tbsp** fish sauce
- **2tbsp** rice vinegar
- **1** carrot, finely sliced, or use a julienne peeler
- **¼** cucumber, cut into half moons
- **250g** (9oz) radishes, finely sliced
- **200g** (7oz) mangetout or sugar snap peas, finely sliced
- **2** spring onions, thinly sliced
- Handful fresh mint and Thai basil leaves (or use regular basil)
- **30g** (1oz) roasted peanuts, finely chopped

1 Put the noodles in a pan and cover with boiled water. Soak until tender. Drain, rinse under cold water, then set aside.
2 Heat a non-stick frying pan with the oil. Fry the chicken for 8-10 mins, turning over halfway, until golden.
3 Remove the chicken to a plate, and add the soy and honey to the pan juices. Return the chicken and turn to coat in the glaze. Set aside.
4 Put the chilli in a bowl with the lime, fish sauce and rice vinegar, plus a pinch of sugar (optional). Add the sliced veg, a pinch of salt and toss.
5 Slice the chicken, then divide the noodles between 4 bowls. Top with the chicken, any cooking juices, the veg, herbs and peanuts.

Vietnamese chicken salad

Goi Gá is usually made with shredded lettuce or cabbage, carrot, chicken and herbs with a tangy fish sauce and sugar dressing

SERVES 6
READY IN 20 mins, plus chilling

- **50g** (2oz) soft light brown sugar
- **3tbsp** rice vinegar
- Zest and juice **3** limes
- **2** small, hot green chillies, thinly sliced
- **1** stem lemongrass, tough outer layer removed, finely shredded crossways
- **4** garlic cloves, peeled and finely sliced
- **4tbsp** Asian fish sauce
- **1** carrot, **1** yellow pepper and **150g** (5oz) turnip, all peeled and finely julienned
- **8** spring onions, finely sliced lengthways

For the salad:

- **2** heads little gem lettuce, separated into leaves
- **25g** (1oz) fresh coriander leaves
- **25g** (1oz) fresh mint leaves
- **400g** (14oz) ready-cooked chicken, torn into bite-sized strips
- **50g** (2oz) salted, roasted cashew nuts

1 Put the first 7 ingredients into a large bowl, pour in 60ml (2½fl oz) ice-cold water and stir until the sugar has dissolved, then add the carrot, pepper, turnip and spring onions and toss to coat. Cover with cling film and chill for 10 mins.

2 Layer the lettuce, coriander, mint and half the vegetables in 6 individual glass bowls. Top with the chicken and another layer of vegetables, then spoon over the vegetable-pickling liquid, sprinkle with the cashews and serve.

Vietnamese beef

Swap steak and chips for this fresher Asian take

SERVES 4
READY IN 30 mins, plus overnight marinating

For the steaks:

- **2** garlic cloves, crushed
- **2** lemongrass stalks, outer layer removed, chopped
- **½tsp** toasted sesame oil
- **5tbsp** soy sauce
- **1tsp** Thai fish sauce
- **4** sirloin steaks, around 200g (7oz) each
- **1tbsp** sunflower oil

For the rice:

- **200g** (7oz) jasmine rice
- **½tbsp** sunflower oil
- **3** spring onions, sliced
- **1tbsp** soy sauce
- **2** handfuls of baby spinach leaves
- Large handful of coriander leaves, finely chopped

1 Blend the garlic, lemongrass, sesame oil, soy sauce and fish sauce with 1tbsp water until smooth. Mix well with the steaks, cover and set aside in the fridge to marinate overnight.

2 Cook the rice according to the pack instructions; set aside.

3 For the steaks, heat the oil in a heavy-based frying pan over a medium-high heat, and cook for 2-4 mins on each side, depending on thickness and taste. Set aside to rest.

4 Heat the oil in a wok or frying pan and add the cooked rice, spring onions and soy sauce. Stir-fry for 2 mins, add the spinach and cook for 30 secs to wilt, then stir through the coriander. Thickly slice the steaks and pour over any juices. Serve the rice with the steaks and salad.

p118
Malaysian-
style salmon

BEST OF THE REST

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Malaysian duck in lettuce cups

SERVES 12
READY IN 10 mins

- **1tbsp** vegetable oil
- **1tbsp** sesame oil
- **2-3** cloves garlic, peeled and finely chopped
- **1tbsp** fresh coarsely grated ginger
- **About 300g** (10oz) cooked duck meat, from 2 duck breasts, finely diced
- **2** sticks celery, finely chopped (or **60g**/2oz bamboo shoots)
- **4** spring onions, trimmed and sliced
- **60g** (2oz) fresh shiitake mushrooms, finely chopped
- **60g** (2oz) fresh beansprouts, roughly chopped
- **½tsp** crushed dried chilli flakes
- **½tsp** Chinese five-spice powder
- **4tsp** dark soy sauce
- **2tsp** Chinese rice wine or dry sherry
- **1** good handful each of chopped fresh mint and coriander
- **1** small iceberg lettuce, leaves pulled apart into cup shapes

Heat a wok over high heat, add the oils, then the garlic, ginger and duck and stir-fry for a couple of mins. Add the rest of the ingredients, except the fresh herbs, and stir-fry for half a min to keep all the vegetables crunchy. Stir in the herbs.

To serve, put in a hot serving dish and place on the table, so guests can pile it into the lettuce cups themselves and then wrap the lettuce around the mixture.

Malaysian mince stir-fry

Turkey-thigh mince is a great-value buy and has plenty of flavour – win-win in our book

SERVES 4
READY IN 25 mins

- **200g** (7oz) green beans
- **1tbsp** sesame oil
- **1** red pepper, deseeded and cut into strips
- **1** bunch spring onions, cut into long strips
- **500g** (1lb) turkey-thigh mince
- **2** garlic cloves, crushed
- **2tsp** red chilli paste
- **2tbsp** ketjap manis
- **2tbsp** Thai fish sauce
- Rice noodles, to serve

1 Lightly cook the green beans in boiling water for 3 mins, drain. At the same time, heat 2tsp sesame oil in a large frying pan or wok. Add the red pepper and spring onions and stir-fry over a high heat for 3 mins to soften. Tip these veg on to a plate.

2 Add the remaining sesame oil to the pan with the turkey-thigh mince. Stir-fry over a high heat for 5 mins until browned and cooked through. Reduce the heat to medium and add the garlic, chilli paste, ketjap manis and thai fish sauce. Stir and simmer for 5 mins until the sauce is sticky.

3 Return the pepper and spring onions to the pan with the green beans. Toss together and heat through for 2 mins. Serve with rice.

Malaysian-style salmon

This is simple, quick and utterly delicious – smart enough for a dinner party yet could slide into a midweek special!

SERVES 4
READY IN 30 mins

For the rice:
- ★ **250g** (9oz) Thai sticky rice, washed

For the salmon:
- ★ **½tbsp** sunflower oil
- ★ **4** salmon fillets
- ★ **3** garlic cloves, crushed
- ★ **1** red chilli, seeds removed and finely chopped
- ★ **3tbsp** ketjap manis

For the greens:
- ★ **½tbsp** sunflower oil
- ★ **200g** (7oz) mangetout
- ★ **200g** (7oz) shredded baby or spring greens
- ★ **2** garlic cloves, crushed
- ★ **2** spring onions, finely sliced

1 For the rice, bring it to the boil along with 450ml (15fl oz) water, cook for 15 mins then reduce to a simmer. Gently cook for another 5 mins. Remove from the heat and mix to fluff up the grains.

2 For the salmon, heat the oil in a heavy-based frying pan over a medium- high heat and fry the salmon skin-side down for 2-3 mins or until crisp. Mix the garlic with the chilli then add to the pan. Turn over the salmon and add 1tbsp water, cook for 2 mins then remove the salmon. Add the ketjap manis, turn up the heat and bubble for 1 min; pour over the salmon fillets.

3 For the greens, heat the oil in a heavy- based frying pan over a medium heat, add the mangetout, then after 1 min add the greens, garlic and spring onions and cook for another 2-3 mins.

Malaysian fish curry

Omit the bird's-eye chillies if you prefer a milder flavour

SERVES 4
READY IN 1hr

- ★ **600g** (1lb 5oz) prepared mackerel fillets or sea bass fillets
- ★ **2tbsp** vegetable oil
- ★ **1** large onion, peeled and thinly sliced
- ★ **2-3tbsp** Malaysian rendang curry paste
- ★ **24** curry leaves (optional)
- ★ **4** small aubergines, quartered, or **1** medium aubergine, cut into chunks
- ★ **400ml** (14fl oz) tin reduced-fat coconut milk
- ★ **2tsp** tamarind paste
- ★ **2tbsp** tomato purée
- ★ **1-2** red and **1-2** green bird's-eye chillies, deseeded and kept whole
- ★ **175g** (6oz) okra, topped and tailed
- ★ **4** medium-sized tomatoes, each cut into quarters
- ★ Coriander leaves, to serve
- ★ Rice, to serve

1 Sprinkle the fish with a little salt and leave for about 20 mins. Meanwhile, heat the oil in a large pan, add the onion, sprinkle with a little salt and fry until it browns.

2 Reduce the heat, add the curry paste and leaves, and fry gently for 2-3 mins, stirring. Add the aubergines, coconut milk, tamarind paste, tomato purée, chillies, okra and 200ml (7fl oz) water. Simmer for 15 mins. Heat the oven to 200°C/400°F/Gas 6.

3 Arrange fish snugly, side by side, in a roasting tin. Pour over the curry sauce. Tuck the tomato quarters in. Cover with foil and bake for 20-25 mins. Scatter over the coriander leaves. Serve with rice.

Malaysian prawn laksa soup

SERVES 6
READY IN 30 mins

185g (6½oz) jar laksa paste
1l (1¾pt) fish or shellfish stock
2 x 400ml (14fl oz) tins coconut milk
6 garlic cloves, sliced
2 stalks lemongrass, split lengthways and bashed
Thumb-sized piece of ginger, grated
4 spring onions, sliced
225g (8oz) raw king prawns
250g (9oz) flat rice noodles
200g (7oz) beansprouts
Juice of **1** lime
3 boiled eggs
1 bunch of coriander
1 red chilli, finely sliced

1 Heat the laksa paste in a large pan for 2 mins until fragrant, then add the fish stock, coconut milk, garlic, lemongrass, ginger and half the spring onions. Bring to the boil then simmer for 10-15 mins until the mixture has reduced slightly.
2 Add the prawns, noodles, beansprouts and lime juice. Bring to the boil, then simmer for a few mins until the noodles are cooked and the prawns are pink.
3 Serve with half an egg per portion, and top with the remaining spring onions, coriander leaves, and red chilli.

Indonesian beef rendang

This classic slow-cooked curry is full of flavour with its rich, melt-in-the-mouth beef

SERVES 6
READY IN 2 hr 45 mins

For the rendang curry paste:
- **80g** (3oz) toasted desiccated coconut
- **1tbsp** coriander seeds
- **10** dried bird's-eye chillies, soaked in hot water
- **3** shallots roughly chopped
- **4** garlic cloves, peeled
- **1tbsp** galangal paste
- Thumb-sized piece ginger, peeled
- **1 heaped tsp** ground turmeric
- **2** stalks lemongrass, white part only, sliced
- **6** kaffir lime leaves, stalks removed
- **1tbsp** dark brown sugar
- **2tbsp** vegetable oil

For the curry:
- **1tbsp** vegetable oil
- **1** cinnamon stick
- **3-4** cardamom pods, crushed
- **2** cloves
- **3tbsp** tamarind paste
- **30g** (1oz) dark brown sugar
- **1½kg** (3lb) stewing beef
- **800ml** (27fl oz) coconut milk
- **2tbsp** fish sauce
- Juice of **2** limes
- Small bunch fresh coriander and chopped red chilli, to garnish

1 Blitz 40g (1½oz) of the toasted coconut, along with the other curry paste ingredients in a food processor.

2 In a wok or large casserole, heat the vegetable oil and add in the curry paste, along with the cinnamon stick, cardamom and cloves. Cook over a medium-high heat for 5 mins before adding the tamarind paste and sugar.

3 Add the beef and cook until browned on the outside. Add the coconut milk, fish sauce and lime juice. Bring to the boil and then reduce to a simmer. Cook for 2 hrs, stirring regularly to avoid sticking to the pan.

4 After 2 hrs, check the consistency, add a splash of water if needed and cook for a further 30 mins. Scatter with fresh coriander and chilli and the remaining coconut. Serve with rice.

5 To freeze ahead, leave to cool completely, place in a freezable container and freeze for up to 3 months. Defrost completely in the fridge before heating through (you may want to add a couple of tbsp of water before reheating).

Indonesian chicken satay with peanut sauce

The original and easiest to make satay

SERVES 4
READY IN 15 mins

For the chicken:
- **2tbsp** sunflower oil
- **2tbsp** Malaysian rendang curry paste
- **1tsp** chilli paste
- **6** skinless, boneless chicken thighs
- **12-20** bamboo skewers, soaked in water

For the sauce
- **4tbsp** ready-made peanut sauce
- **2tsp** chilli paste
- Lime wedges and coriander, to serve

1 Mix together the oil and curry paste in a large bowl. Cut the chicken into 4 or 5 strips of 1½cm (1in) thickness. Add to the curry mixture and mix well. Thread 2 strips of chicken lengthways onto each skewer, concertina fashion, making sure the skewer tip is covered. Griddle or barbecue the skewers for 2-3 mins on each side until well-browned and cooked through.

2 Make a sauce from 4tbsp ready-made peanut sauce mixed with 2tsp chilli paste. Serve with lime wedges and garnish with coriander.

Indonesian nasi goreng

This is perfect for using leftover rice

SERVES 2
READY IN 20 mins

- **1** small onion, sliced
- **1tbsp** oil
- **2** garlic cloves, crushed
- **2tsp** ginger, grated
- **1** red chilli, sliced
- **4** eggs
- **250g** (9oz) cooked basmati rice
- **2tsp** soy sauce
- **½tsp** fish sauce
- **2** pak choi, roughly chopped
- **4** spring onions, sliced
- Large handful of coriander

1 Fry the onion in the oil on a medium to low heat for 5 mins. Add the garlic, ginger and chilli and cook for 1 min.

2 Meanwhile, heat a little oil in another frying pan, crack in the eggs and fry until cooked through but runny. Add the rice, soy sauce and fish sauce to the first pan and stir-fry for 1 min. Add the pak choi and cook for another min or so. Stir in the spring onions and roughly chopped coriander, divide between 2 plates and top each with 2 of the fried eggs, a sprinkle of sliced red chilli and a little more chopped coriander.

Indonesian vegan laksa

Try our deliciously fragrant take on the classic Malaysian noodle broth

SERVES 4
READY IN 1 hr

3 medium shallots, sliced roughly
3 garlic cloves
2 lemongrass stalks, chopped 5cm
(2in) piece ginger, sliced roughly
2 fresh red chillies
2tbsp rapeseed oil
1tsp ground turmeric
1tsp ground coriander
½tsp ground cumin
1¼l (2pt) vegan vegetable stock
400ml (14fl oz) full-fat
coconut milk
Juice of **1** lime
250g (9oz) firm tofu, cut in cubes
1 head broccoli, cut into florets
2 baby pak choi, cut in half
150g (5oz) sugar snap peas
200g (7oz) beansprouts
100g (3½oz) spinach
200g (7oz) flat rice
noodles, cooked
Fresh coriander, chopped
Chilli flakes, to garnish

Make a paste by blitzing together the shallots, garlic, lemongrass, ginger and red chillies. Heat 1tbsp oil on medium in a heavy-based pan, add the paste and fry for 10 mins, stirring occasionally. Add the dry spices and continue to cook for a further 5 mins. Add the veg stock, and bring to a simmer, cover and simmer gently for 30 mins, then add the coconut milk. Season with salt, pepper and the lime juice.

Meanwhile, heat 1tbsp of oil in a frying pan and fry the tofu until golden. Add the broccoli, pak choi, sugar snaps and beansprouts to the broth and bring up to a boil for 1 min. Add the spinach to the hot broth right at the end and stir until wilted.

Divide the rice noodles between 4 bowls and ladle over the hot broth, veggies and tofu. Garnish with fresh coriander and sprinkle over the chilli flakes.

Indonesian fried rice

The perfect use for leftover rice, and ingredients can easily be swapped – try prawns instead or chicken for something different

SERVES 1
READY IN 20 mins

- **1tbsp** olive oil
- **1** chicken breast, diced
- **½** carrot, diced
- **¼** shredded sweetheart cabbage
- **25g** (1oz) green beans, finely chopped
- **250g** (9oz) cooked basmati rice
- **1** egg
- **½** red chilli, sliced
- Cucumber slices, prawn crackers and sweet chilli sauce, to serve

For the paste:

- Pinch white pepper
- **1** small shallot
- **1** garlic clove
- **1tsp** tomato purée
- **1tsp** shrimp paste (optional)
- **1tbsp** ketjap manis
- **½tbsp** soy sauce
- **½** red chilli

1 Blitz all the paste ingredients in a food processor.
2 Heat a large frying pan to a medium heat. Add the oil and chicken, and fry for 5 mins, until almost cooked through. Add the paste and fry off for a couple of mins. Add the veg, and cook for a couple of mins.
3 Add the cooked rice and fry for a few mins more, until hot and the chicken is cooked.
4 Fry the egg and serve on top of the rice with slices of chilli, plus cucumber, prawn crackers and a little sweet chilli sauce on the side.

Crispy Singapore-style noodles

Lightly curried chicken, veg and noodles – on the table in 20 mins!

SERVES 2
READY IN 20 mins

- **100g** (3½oz) medium egg noodles
- **1tbsp** vegetable oil
- **2** large boneless chicken thighs, sliced
- **1** garlic clove, crushed
- **4tsp** mild curry paste
- **75g** (3oz) mangetout, halved lengthways
- **½** red pepper, deseeded and sliced
- **1** carrot, cut into matchsticks
- **½–1tbsp** dark soy sauce
- **3** spring onions, sliced

1 Cook the noodles according to the pack instructions.
2 Meanwhile, heat the oil in a wok or large frying pan over a medium-high heat. Add the chicken and stir-fry for 3 mins until lightly golden. Add the garlic and curry paste, mix well and fry for another min.
3 Add the mangetout and red pepper, stir-fry for 1 min, then add the carrot sticks.
4 Drain the noodles, add to the pan and stir-fry for 2 mins. Mix in the soy sauce and spring onions.

"SINGAPORE NOODLES ORIGINATED IN HONG KONG"

Burmese chicken coconut soup

Ohn No Kyawswe – a combo of spices, egg noodles and coconut – is packed full of flavour

SERVES 2
READY IN 1 hr 10 mins

- **1tsp** ground turmeric
- **3** chicken thighs, skinned
- **900ml** (30½fl oz) hot chicken or vegetable stock
- **2** eggs
- **1tbsp** vegetable oil
- **1** large onion, peeled, ½ sliced and ½ finely chopped
- **1-2** garlic cloves, peeled and grated
- **3cm** (1¼in) piece of root ginger, grated
- **1** red chilli, deseeded and finely chopped, plus extra chilli, sliced
- **1tsp** cornflour
- **1tsp** mild/medium curry powder
- **160ml** (5½fl oz) tin coconut cream
- Juice of **1** lime, plus **1** lime, cut into wedges
- **1** nest of dried medium noodles
- **6** spring onions, trimmed and sliced on the diagonal
- A good handful of fresh coriander leaves

1 Rub the turmeric over the chicken thighs. Bring the stock to the boil in a large pan. Add the chicken, turn down the heat and simmer for 20 mins, until the meat is cooked through and tender. Remove from the pan, set aside and, when cool enough to handle, pull the meat off the bones.

2 Bring the stock back to the boil, add the eggs and boil them for 7-8 mins. Take them out, cool under running water, shell and quarter them. Pour the stock into a jug.

3 Heat the oil in the pan, add the slices of onion and fry for 10 mins. Meanwhile, mix the chopped onion, garlic, ginger and chilli with the cooked chicken. When the sliced onion is browned, add the chicken mixture and fry for 2 mins, stirring. Pour the stock back into the pan, bring to the boil then turn down to a simmer.

4 Mix the cornflour with the curry powder and 3tsp water to make a paste. Stir into the stock. Simmer for 10-14 mins. Add the coconut cream and lime juice.

5 Meanwhile, cook the noodles according to the pack instructions. Drain well and refresh them under cold running water. Add the noodles to the chicken in the pan with the spring onions. Season.

6 Spoon into bowls and top with the quarters of egg, sliced red chilli and coriander leaves. Serve with lime wedges.

Burmese pork curry

Wow your dinner guests with this deliciously dark, rich and unusual dish

SERVES 4
READY IN 2 hrs

- **1** onion, finely chopped
- **5** garlic cloves, crushed
- **1** piece of ginger, peeled and grated
- **2tsp** chilli powder
- **1tsp** ground turmeric
- **1tsp** paprika
- **4tbsp** peanut oil
- **2tbsp** tomato purée
- **1kg** (2lb) pork shoulder, diced
- **1** lemongrass stalk
- **100g** (3½oz) tamarind pulp concentrate
- **1tbsp** fish sauce
- **2tsp** caster sugar

1 Put the onion, garlic and ginger in a processor and blitz to a smooth paste. Add the chilli, turmeric and paprika.
2 Heat the oil in a pan and cook the onion mixture and tomato purée for 15 mins or until browned and the oil separates. Add the pork and season with salt and pepper. Add the lemongrass and 160ml (5½fl oz) water and cook uncovered for 1 hr 30 mins, or until the pork is tender; you may need to add extra water.
3 Add the tamarind, fish sauce and sugar. Cook for 10 mins or until the liquid has evaporated. Serve with rice. If you want to freeze this recipe, ensure that the pork is fully defrosted before reheating thoroughly on the stove.

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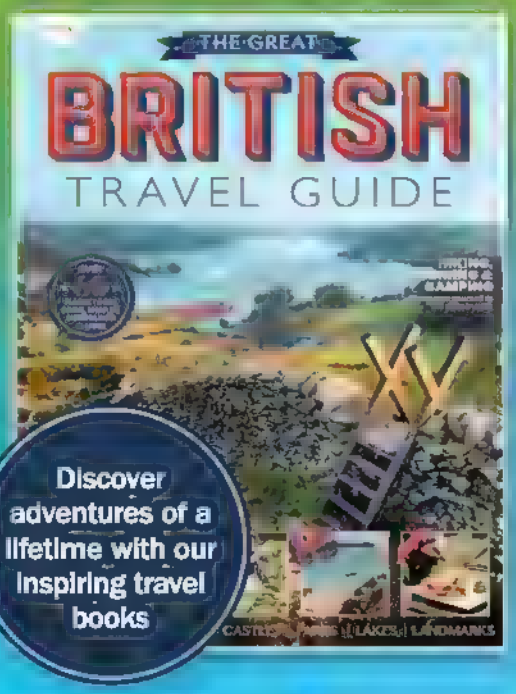

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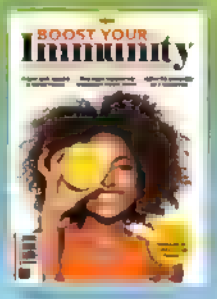

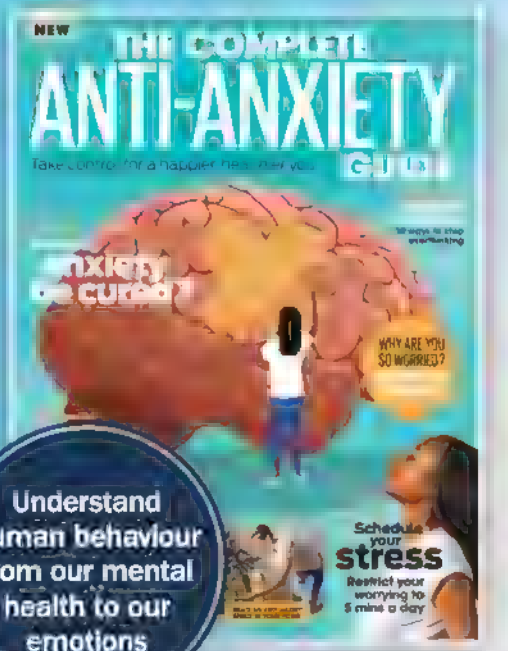

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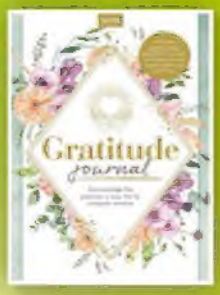

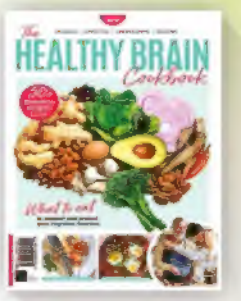

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